

2022 International Yoga Day Celebrations

Coimbatore Institute Of Technology

COIMBATORE INSTITUTE OF TECHNOLOGY
(Autonomous Institution affiliated to Anna University)

INTERNATIONAL YOGA DAY
Celebration

1st JUNE 2022 VENUE: LIBRARY CONFERENCE HALL

Session 1
Surya Namaskaram
07:30 AM - 09:00 AM

Session 2
Need for Efficient Energy
& Stimulation of Pressure
Points to relieve from
pain & stress
09:30 AM - 11:00 AM

Session 3
Yoga & Meditation to
overcome from
Pandemic of Covid-19
11:15 AM - 12:30 PM

STAFF ADVISORS
Dr. S. Shanmuga Priya,
Associate Professor
Ms. V. Radhama,
Assistant Professor
Ms. J. Asha,
Assistant Professor

@cit_yoga_club

INTERNATIONAL YOGA DAY
Celebration

ONLINE EVENTS

- 1 Drawing With Slogan
- 2 Pose and show

E-Certificates for Winners

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EVENTS SCHEDULE

Date: June 1,2022

Venue: Library Block Conference Hall, Open Garden at Main Building,CIT

TIMINGS	TITLE OF THE EVENT	RESOURCE PERSON
Session 1 (7:30 AM to 9:00 AM)	Activity: Surya Namaskaram	Mr.S. Karthikeyan Member at National Sports and Physical Fitness Board, Chennai
9:00 AM to 9:30 AM	Break	
Session 2 (9:30 AM to 11:00 AM)	Talk: Need for efficient energy to lead peaceful and successful life Activity: Stimulating Pressure Points to relieve pains and stress	Mr. R.P. Shiva, Uyirmei Suyavazhviyal and Mahaththuvam Center, Salem
11:00 AM to 11:15 AM	Refreshment	
Session 3 (11:15 AM to 12:30 PM)	Talk: Yoga & Meditation to overcome from Pandemic of Covid-19 Activity: Maharasanam	Dr.K. Shanmugasundaram, Professor at WCSC, Aliyar

Online Events:

1. Drawing with Slogan
 2. Pose and Show
- Themes: Benefits of Modern Yoga, Pandemic of Covid-19

Activity: Surya Namaskaram



Inauguration Ceremony of 2022 International Yoga Day Celebrations





Talk: Need for efficient energy to lead peaceful and successful life
Activity: Breathing Exercises & Stimulating Pressure Points to relieve pains and stress



Talk: Yoga & Meditation to overcome from Pandemic of Covid-19

Activity: Maharasanam

