



**AVIT**  
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**  
(Deemed to be University under section 3 of the UGC Act 1956)



## 10<sup>th</sup> International Yoga Day – 20 June 2024 Report

Vinayaka Mission's Chennai Campus Institutes, Vinayaka Mission's Research Foundation -The Department of Yoga in collaboration with the AVIT NSS Units conducted 10<sup>th</sup> International Yoga Day on 20.06.2024. The program started off with welcome addressed by and Prof.K. Surendrababu, Chief Coordinator, AVIT- ISR & NSS. The program was preceded by the special address by all the HoIs and followed by the Yoga Demonstration by the Chief Guest Dr.M.Sathish kumar, Bodhi Yoga Academy, Founder & Yoga Consultant, Bodhi Lifestyle Foundation, Chairman, Chennai will be the chief guest of the function. She demonstrated various yoga and asanas and its benefits for a healthy living. The vote of thanks was given by Yoga Kalaimamani K. Duraipandi, Yoga. Instructor, VMC Campus.

About 70 staff members and 90 students from AVIT, DoM, SAS, SAHS, and VMLS participated and benefited through Yoga Day. The program was a grand success with the efforts from the coordinators for this program Yoga. Kalaimamani K. Duraipandi, Yoga Instructor, VMC Campus, Prof. K.Surendrababu, Chief Coordinator, ISR & NSS, AVIT.





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### 10<sup>th</sup> International Yoga Day – 21 June 2024 Report

Vinayaka Mission's Chennai Campus Education Institutes, Vinayaka Mission's Research Foundation -The Department of Yoga & NSS units in collaboration with the Thirumoolar Research Institute conducted 10<sup>th</sup> International Yoga day on 21.06.2024 at Thirumoolar Research Institute, Nallore, Chengalpattu dist.10<sup>th</sup> International Yoga Day in our VMC Campus Education Institutes (AVIT, SAS, SAHS & VMLS) Students & Faculties Participated.

About 135 students & 12 faculty Participated and benefited through 10<sup>th</sup> International Yoga Day. The program was a grand success with the efforts from the supported for this program Yoga Kalaimamani K.Duraipandi, Yoga Instructor, VMC Campus & Prof K.Surendrababu, Chief Coordinator, ISR & NSS, AVIT.

