



Therapeutic Yoga Workshop – 11th International Day of Yoga Celebrations

As part of the celebrations marking the 11th International Day of Yoga, students from the institutions under Vinayaka Mission's Chennai Campus—AVIT, SAS, SAHS, VMLS, VSEP, and VSHS—actively participated in a Therapeutic Yoga Workshop held on 18th June 2025 at the VMCC Auditorium. The event was jointly organized by the Department of Physical Education and the National Service Scheme (NSS) of Vinayaka Missions Chennai Campus as part of the week-long Yoga Day celebrations. Workshop Welcomed by Dr.K.Surendrababu NSS Programme officer AVIT. The workshop featured a keynote address by **Mr. Kannan Kesavan, General Secretary of the Thirumoolar Thirumanthiram Research Institute, Nallur**, Chengalpattu District. Mr. Kesavan delivered an insightful lecture highlighting the significance of Therapeutic Yoga and its benefits in enhancing physical and mental well-being. The event saw enthusiastic participation from all Heads of Institutions (HOIs) of VMCC, along with 20 faculty members and over 150 students, reflecting a shared commitment to promoting holistic health and wellness through yoga.

Therapeutic Yoga - Workshop
11th International Day Of Yoga Celebrations - 2025
Theme : "Yoga for One Earth, One Health"

Chakra	Yoga Asana
Muladhara (Root Chakra)	Tadasana
Svadhisthana (Sacral Chakra)	Pawanasana
Manipura (Solar Chakra)	Bhujangasana
Anahata (Heart Chakra)	Bhujangasana
Vishuddha (Throat Chakra)	Bhujangasana
Ajna (Third Chakra)	Bhujangasana
Sahasrara (Crown Chakra)	Bhujangasana

Organised by
 Department of Physical Education and Sports
 &
 National Service Scheme

Date : 18.06.2025 Venue : VMCC Hall, VMCC.



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Chengalpattu, Tamil Nadu, India

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18/06/2025 11:50 AM GMT +05:30

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