



Yoga Awareness Rally

As part of the Silver Jubilee Year Celebrations of Vinayaka Missions Research Foundation (Deemed to be University), Chennai Campus a grand Awareness Rally on the International Day of Yoga (IDY) 2025 was organized on 17th June 2025 at 11:00 AM starts from. The rally, aimed at promoting awareness on the benefits of yoga for physical, mental, and social well-being, commenced Mamallapuram police station and proceeded through Mamallapuram Bus Stand concluding at Arjuna penance. Over 200 NSS volunteers, students, and faculty members enthusiastically participated in the rally. The rally was inaugurated by **Mr. M. Arivayagan (DSP - Mamallapuram Subdivision, Chengalpattu District)**. **Traffic inspector (Mamallapuram District) Mr. P. Selvam** delivered a brief lecture on the Yoga for healthy life, along with Chennai Campus directors, heads of institutions, and officials. NSS volunteers from the following constituent colleges participated in the rally:

1. Aarupadai Veedu Institute of Technology,
2. School of Arts and science,
3. School of Allied Health Sciences

The event was coordinated by Dr. K. Surendrababu, NSS Programme Officer, Mr. A. Imthiyas, Yoga Master Kalaimamani K. Duraipandi VMRF-DU, and Dr. O. M. Prakash, Director of Physical Education, Chennai Campus. The rally highlighted the university's continued commitment to health, well-being, and community awareness through the practice of yoga.

Yoga Awareness Rally

11th International Day Of Yoga Celebrations - 2025

Theme : "Yoga for One Earth, One Health"

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

Date : 17.06.2025 Venue : E1 Police Station, Mahabalipuram.





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AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



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





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Lat 12.617831° Long 80.19288°
17/06/2025 11:28 AM GMT +05:30



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