



POSHAN MAAH – DE STRESS AND RE-FOCUS FOR ENHANCED IMMUNITY REPORT

Poshan Maah under POSHAN Abhiyaan was observed by NSS units of AVIT's Institutional social responsibility cell on 20th Sep 2021. Considering the pandemic, the ISR cell had planned to remove the stress that prevailed among the students, to mentally prepare them to focus in their studies and also to improve their immunity through Yoga practices. Eighty two students participated in the yoga practices held in Yoga room of AV campus. The NSS officers Mr.Surendra Babu and Dr.B.Prabasheela organized the program. Yoga master Kalaimamani K Duraipandi took yoga session with great dedication. The session started with simple meditations and continued with padmasana, vajrasana, Uttakatasana, Eka pada pranamasana, savasana, Anulom vilom pranayama, Brahmari pranayama, yoga mudra, kapabathi kriya and Bhastrika kriya. The Students participated with enthusiasm and also interacted with tutor.



AVIT VINAYAKA MISSION'S RESEARCH FOUNDATION
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INSTITUTIONAL SOCIAL RESPONSIBILITY CELL (ISR) & NATIONAL SERVICE SCHEME (NSS) - AVIT

**OBSERVANCE OF POSHAN MAAH (NUTRITION MONTH)
"DE-STRESS AND RE-FOCUS FOR ENHANCED IMMUNITY"**

DATE: 20.09.2021 TIME: 11.00 am

Resource Person :
Kalaimamani K. Duraipandi
Yoga Master
AVIT

Dr. G. Selvakumar,
Principal, AVIT
Dr. S.P. Sangeetha, VP, Academics
& Program Director - ISR

NSS Programme Officers :
Mr. K. Surendrababu, Asso. Prof / Mech
Dr. B. Prabasheela, Asso. Prof / Biotech

Venue : Yoga Hall, AVIT

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