



# TAGORE

## INSTITUTE OF ENGINEERING AND TECHNOLOGY

DEVIYAKURICHI – 636 112, SALEM DISTRICT.

(Approved by AICTE, New Delhi and Affiliated to Anna University Chennai)

ACCREDITED BY "NAAC"

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Tel: +91- 4282 231 374, 231 474

SCIENCE AND HUMANITIES

CONDUCT ONE DAY PROGRAM ON

ANCIENT YOGA PRACTICES - 2023

INTERNATIONAL YOGA DAY


### INTRODUCTION:

The Ninth international day of yoga was celebrated on June 21<sup>st</sup> 2023. The theme of this year is **Yoga for Vasudhaiva Kutumbakam**. Tagore Institute of Engineering and Technology conducted a one day program about yoga Practices to be followed in day today life. The President Mr.R.Paramasivam, Vice Presidents Mr.K.Shanmugam & K.Gowrishankar, Secretary Mr.K.Arunkumar, Joint Secretaries Mr.M.Manikandan & Mrs.J.Sabana, Treasurer Mr.M.Natesan were presided over the program. The Principal Dr.S.Jayanthi delivered welcome address. The program was coordinated by Mrs.Ranjitham AP/S&H and she invited the speaker -----.

The program was started with a prayer song by the students. Many students were actively involved in the yoga practices including the faculty members. The speaker introduces the basics of yoga and the importance of steps involved in yoga. This program was conducted in two sessions: Morning session-Importance of Yoga and Afternoon session-Different Yoga Practices. The speaker delivered the importance and benefits of yoga which increases both physical and mental health. In order to overcome from fear and stress management and to be mindful, many yoga practices have been carried out during the session.

The Speaker explained that the nervous system can be regulated and blood pressure will be normal by continuously practicing the yoga in the morning and evening in day today life. The students are enthusiastic in practicing yoga. At the end of the session the students also had some relief. The various practices said by our speaker used to increase mental health and improve our sleep. Many health and stress related problems occur to the people during this competitive world. Considering the importance of mental and physical health of our students, Our Tagore Institute of Engineering and Technology arranged this program. We also had some fun in doing this yoga practices. The session ended by Oath of thanks given by Mrs.A.Geetha AP/Chemistry.



  
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MORNING SESSION

TOPIC :IMPORTANCE OF YOGA




Fig 1: Our Students Listen the Speech Given by the Speaker- Importance of Yoga



Fig 2: Our students involved in



  
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### AFTERNOON SESSION

### TOPIC: DIFFERENT YOGA PRACTICES



Fig 2: Our Students Performed Breathing Yoga - Pranayama

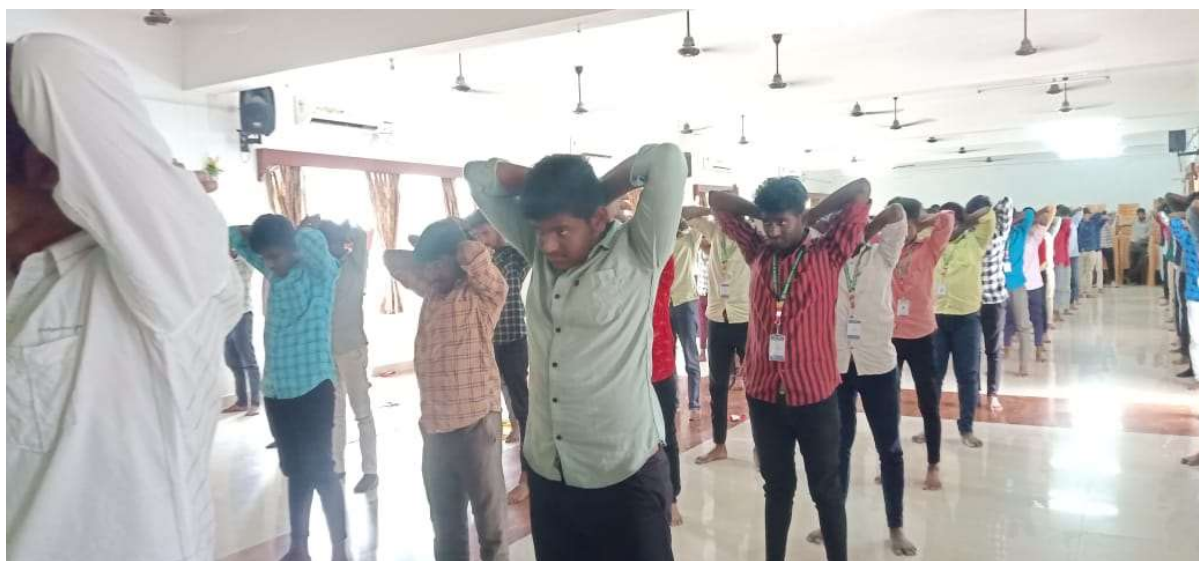



Fig 3: our students doing yoga Practices



  
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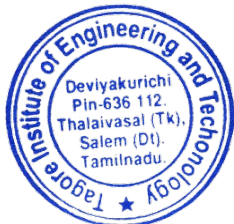
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Fig 4: our students actively involved in doing Yoga Practices



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