



**Avinshilingam Institute for Home Science and Higher Education for Women, Coimbatore**  
**(Deemed to be University under Category 'A' by MHRD, Estd.u/s 3 of UGC Act 1956)**  
**Re-accredited with 'A' Grade by NAAC. Recognised by UGC**  
**Under Section 12 B, Coimbatore – 641 043, Tamil Nadu India**

Report



On

**YOGA ACTIVITIES**  
**for the Year 2019 – 2020**





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**6<sup>th</sup> International Yoga Day – 2020 on 21.06.2020**

The NSS volunteers of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore has performed yoga, Meditation and Chanting at their home in connection with the 6<sup>th</sup> International Yoga Day – 2020 celebration. About 116 students are involved in yoga activities from morning 6.00 am to 8.30 am on 21.06.2020. All UG NSS volunteers actively participated in Online International Yoga Day – 2020 organized by the National Service Scheme (NSS) and Department of Physical Education of Avinashilingam Institute for Home Science and Higher Education for Women.

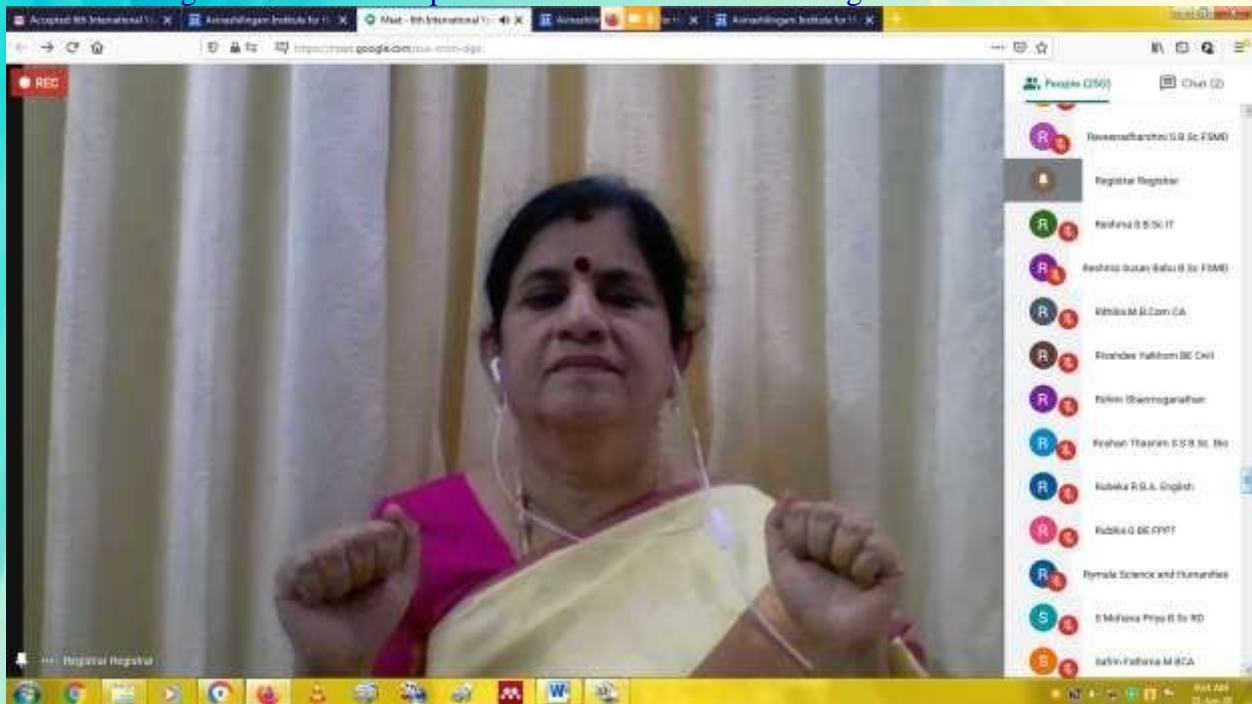
The presidential address was delivered by Dr.P.R.Krishnakumar, Chancellor. He provided the importance of Yoga and health. The Registrar of Avinashilingam Institute for Home Science and Higher Education for Women greeted the august audience and wished all the participants to take part in the 6<sup>th</sup> International Yoga Day – 2020. Keynote speaker Mr. Paneer Selvam, International Trainer, TTP Faculty, Art of Living International Foundation, Bangalore delivered a special lecture on the theme – Yoga and Mental Health. He also demonstrated yoga hasanas to prevent the deadly COVID – 19 and provide many Yoga Hasanas to improve the mental health. Yoga Demonstration on COVID – 19 Prevention and Yoga Poses was done by Ms. R. Soundarya, III– B.Sc. Physical Education , (National Medalist in Yoga), Yoga and Demonstration on Chair Yoga for Seniors and Old Aged was presented by Ms. A. Anthony, II – BPED. Physical Education (National Medalist in Yoga) under the leadership of Dr. R. Saravana Prabha, HoD, Department of Physical Education and Dr. S. Rajalakshmi, NSS Coordinator, Dept. of Home Science Extension Education.

**NSS Volunteers of Unit – 16 are performing the Yoga at their home in connection with 6<sup>th</sup> International Yoga Day – 2020 [21.06.2020]**

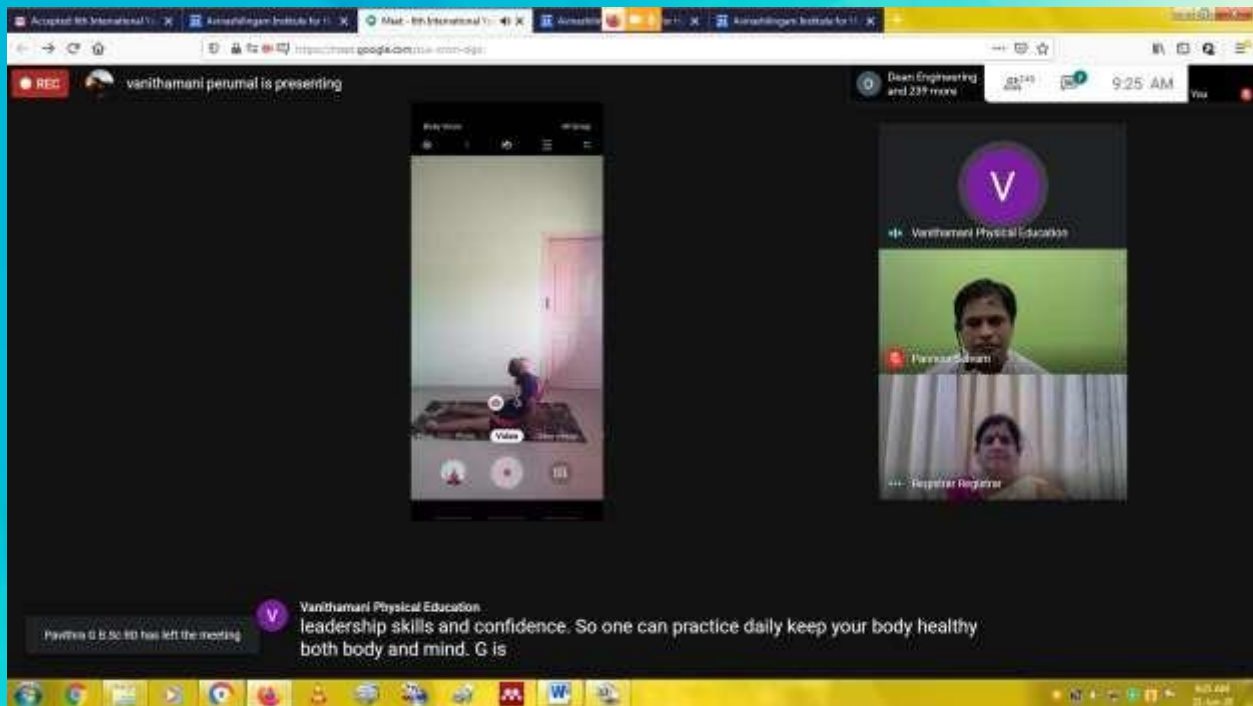




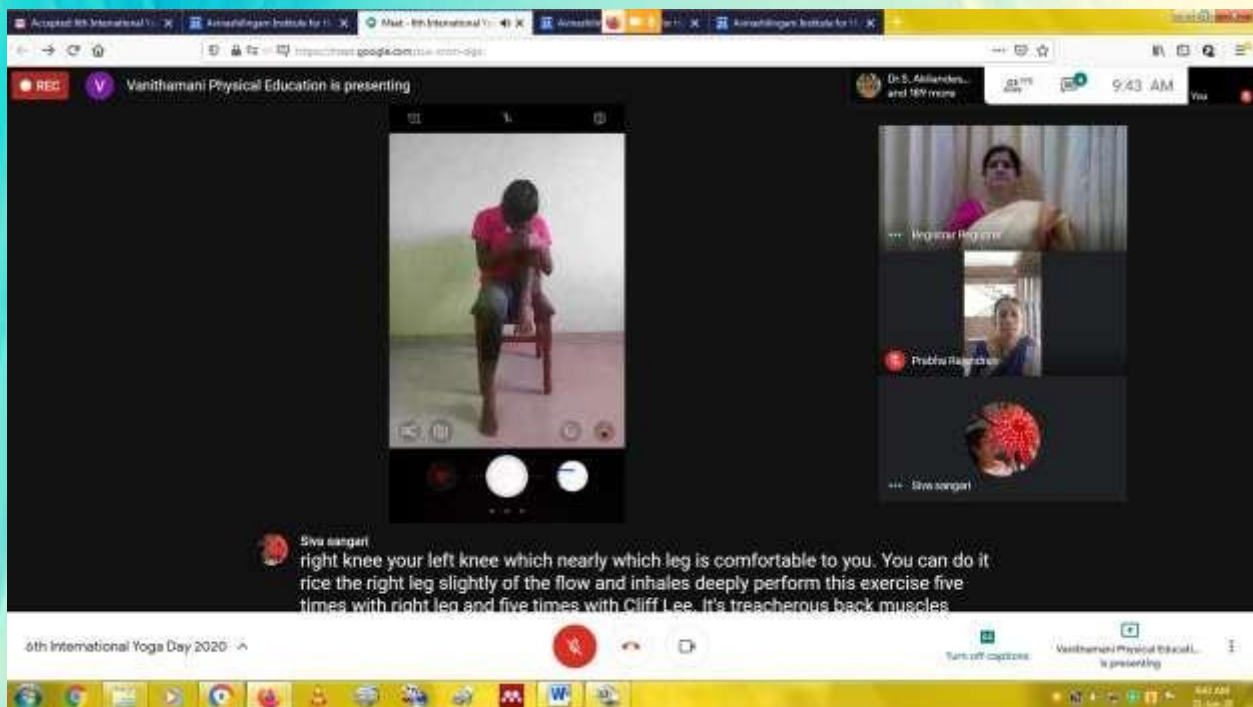
Mr. Paneer Selvam, International Trainer, TTP Faculty, Art of Living International Foundation, Bangalore delivered a special lecture on the theme – Yoga and Mental Health.



The Registrar of Avinashilingam Institute for Home Science and Higher Education for Women greeted the august audience and wished all the participants to take part in the 6<sup>th</sup> International Yoga Day – 2020.



**Yoga Demonstration on COVID – 19 Prevention and Yoga Poses was done by Ms. R. Soundarya, III – B.Sc. Physical Education, (National Medalist in Yoga)**



**Demonstration on Chair Yoga for seniors and Old Aged was presented by Ms. A. Anthony II – BEd. Physical Education (National Medalist in Yoga)**



# Copy of Invitation – 6<sup>th</sup> International Yoga Day 21.06.2020



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## 6<sup>th</sup> INTERNATIONAL YOGA DAY

21st June 2020

Organized by



National Service Scheme and Department of Physical Education

Cordially invite you all to celebrate



Digital Platform for Webinar: GSzits/Google Meet

Meeting ID: meet.google.com/zuk-cnvn-dgo

Live stream: <https://stream.meet.google.com/streamid/9e9a87-1e62-4da8-8b88-8e871882d6db>

Time: 8.00 AM – 9.00 AM

Welcome Address

Dr.R.Saravara Prabha  
HoD, Department of Physical Education

Presidential Address

Shri. Dr. P.R. Krishnakumar, Chancellor,  
Avinashilingam Institute for Home Science and Higher Education  
for Women, Coimbatore - 641 043, Tamilnadu.

Greetings

Dr. Premavathy Vijayan, Vice Chancellor  
Avinashilingam Institute for Home Science and Higher Education  
for Women, Coimbatore - 641 043, Tamilnadu.

Greetings

Dr. S. Kowsalya, Registrar  
Avinashilingam Institute for Home Science and Higher Education  
for Women, Coimbatore - 641 043, Tamilnadu.

Keynote Speaker

Theme : Mental Health  
Resource Person - Mr. Paneer Selvam  
International Trainer, TTP Faculty, Art of Living International  
Foundation, Bangalore

Demonstration of Yoga

Theme: COVID – 19 Prevention Yoga Poses  
Ms. R Soundarya  
III – B.Sc. Physical Education ,(National Medalist in Yoga)  
Theme: Chair Yoga for Seniors and Old Aged  
Ms. A. Anthony  
II – BPEd. Physical Education,(National Medalist in Yoga)

Vote of Thanks

Dr. S. Rajalakshmi, Professor  
Dept. of Home Science Extension Education

Stay Home, Stay Safe, Stay Healthy and Happy