

International Day of Yoga 2023 Celebrated at the Central University of Tamil Nadu, Thiruvarur

Thiruvarur, Tamil Nadu

The Central University of Tamil Nadu in Thiruvarur witnessed a spectacular celebration of 9th International day of Yoga on 21st June 2023 in CUTN premises with the theme of “Yoga for Vasudhaiva Kutumbakam”. The event, organized by the newly formed Department of Physical Education and Sports, bringing together 100 enthusiastic participants, including students, faculty members and esteemed University officials.

Led by Vice Chancellor Prof. M Krishnan, Registrar (i/c) Prof. Sulochana Shekar, Finance Officer Mr. Pazhani, Controller of Examination Prof. Nagarajan, and Librarian Mr. Parameshwaran, the participants enthusiastically embraced the transformative power of yoga. The event aimed to promote physical and mental well-being among the University community and foster a culture of holistic development.

Under the able guidance of Prof. Maniazhagu, Head, Department of Physical Education and Sports, Dr.S. Jayaraman, Associate Professor of the same department and their team, the International day of Yoga celebration was meticulously organized. To facilitate a comfortable and enjoyable yoga experience, each participant was provided with specially designed T-shirts featuring the Yoga Day logo and yoga mats.

The yoga session was conducted by the renowned yoga instructor, Mr. B. Saravanakumar. His expertise and guidance ensured that the participants were able to derive maximum benefit from their yoga practice. The event strictly adhered to the Common Yoga Protocol (CYP) recommended by the Ministry of Ayush, ensuring the safety and well-being of all participants.

CUTN Vice Chancellor Prof. M Krishnan expressed his delight at the overwhelming response to the International Yoga Day celebration. "Yoga is a profound practice that connects the body, mind, and soul." and urged everyone to practice yoga every day.

Central University of Tamil Nadu, Thiruvarur

Released by

Date : 21.06.2023

Press Relation Officer