

REPORT OF INTERNATIONAL DAY OF YOGA 2024

Organized By,

Department of Physical Education and Sports

Central University of Tamil Nadu



Report of International Day of Yoga-2024



On 21st June 2024 (Friday), the Central University of Tamil Nadu (CUTN) celebrated International Yoga Day. The event, inaugurated by Prof. Dr. M Krishnan, Vice Chancellor of CUTN, drew over 100 participants from diverse sections of the university community, including students, scholars, faculty members, officers, and staff. Statutory authorities, including Prof R Thirumurugan - Registrar, CA GR Giridharan - Finance Officer, Prof Sulochana Shekhar - Controller of Examinations, Dr R Parameshwaran - Librarian, were also present during the event. Before performing yoga asanas, participants took a pledge to make yoga an integral part of their daily lives.

This event was Organized by the Department of Physical Education and Sports. The International Yoga Day session at CUTN featured various yoga asanas to promote physical and


mental well-being. Participants engaged in different yoga postures and meditation exercises.




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CENTRAL UNIVERSITY OF TAMIL NADU, THIRUVARUR - 610 005.
तमिलनाडु केन्द्रीय विश्वविद्यालय, तिरुवारुर


THEME
 स्वयं और समाज के लिए योग
 Yoga for self and society



Date: 21.06.2024 | Time: 6.30 am | Venue: M.P.Hall
Organized by Department of Physical Education & Sports


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