



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 2018 – 2019



Introduction

International Day of Yoga is celebrated by the various NSS Units in the country in a big way. This year also, NSS organization plans to celebrate the International Day of Yoga on 21st June, 2018 in the befitting manner. Following instruction is to be followed by all the NSS Units.

The following activities/programmes will be conducted by various NSS units in the country to celebrate the **International Day of Yoga on 21st June, 2018:**

- * A workshop on Yoga will be conducted in all the Universities having NSS, which will be followed by demonstration and performance of series of Yog-Asanas.
- * All the NSS Units will perform the Yog-Asanas in their campuses to mark the occasion.
- * All the Special Camping programmes will have a component of performance of Yog-Asanas.
- * The day will start with the performance of Yog-Asanas in all the National Level programmes, like Pre- Republic Day Parade Camps, Republic Day Parade Camp, National Youth Festival, National Integration Camp etc. being conducted by the NSS units all over the country.
- * Rallies will be organised in all the capitals by the NSS volunteers to make the people aware about the benefits of Yog-Asanas and to motivate for living a healthy life.

NSS and Yoga Day Celebrations

- ***NSS MOTTO.***
 - * The *motto* of NSS is 'NOT Me But You'.
 - * This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings.
- **The main objectives of National Service Scheme (NSS) are :**
 - * Understand the community in which they work
 - * Understand themselves in relation to their community
 - * Identify the needs and problems of the community and involve them in problem-solving
 - * Develop among themselves a sense of social and civic responsibility

- * Utilise their knowledge in finding practical solutions to individual and community problems
- * develop competence required for group-living and sharing of responsibilities
- * Gain skills in mobilising community participation
- * Acquire leadership qualities and democratic attitudes
- * Develop capacity to meet emergencies and natural disasters and
- * Practise national integration and social harmony

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 6th International Yoga Day – 2020 celebration. About 116 students are involved in yoga activities from morning 6.00 am to 8.30 am on 21.06.2019. 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 5th International Yoga Day – 2019.



Shavahasana performed at end of the yoga session



Meditation with Chin Mudra by NSS Volunteers

Yoga Hasanas by the NSS volunteers



Celebration of International Day of Yoga on June 21st 2018



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Coimbatore-641 043, Tamil Nadu, India



National Service Scheme
National Cadet Corps & Sports Wing
cordially invite you for the
INTERNATIONAL YOGA DAY 2018

on 21st June 2018 at 10.30 am



Dr. P.R.Krishna Kumar

Chancellor
will preside

Mr. Nagarajan

will deliver special address

Venue : Thiruchitrambalam Auditorium

Avinashilingam Institute for Home Science and Higher Education for Women

Coimbatore – 641043.

INTERNATIONAL YOGA DAY CELEBRATION

21-06-2019 - 10:30 am

PROGRAMME

Prayer Song

Welcome Address : Dr.(Mrs) R.Radha
Dept of FSMD

Presidential Address : Padma Shree. Dr. P.R Krishna Kumar
Chancellor

Yoga Demonstration : Students

Special Address : Thiru. R.Vellingiri
DSP (Retd) CBI
Coimbatore

Greetings

Vice Chancellor : Dr. (Mrs.) PremavathyVijayan

Registrar : Dr. (Mrs.) S. Kowsalya

Prize Distribution : Dr. (Mrs.) S. Kowsalya, Registrar

Vote of Thanks : Dr. (Mrs.) D. Vennila
Dept of Commerce

Compering : Dr.(Mrs.) D Sumathi
Dept of Resource Management

Venue : Thiruchitrambalam Auditorium

National Anthem

