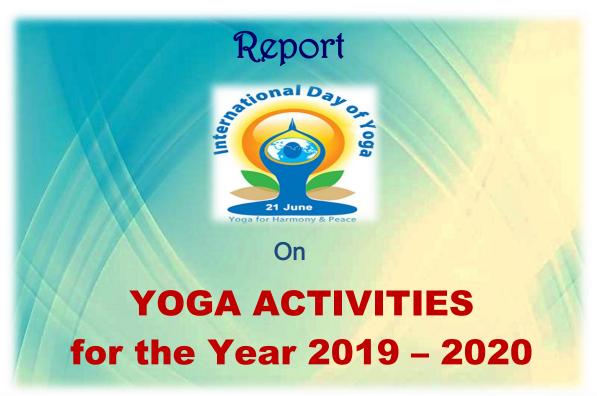


Avinshilingam Institute for Home Science and Higher Education for Women, Coimbatore (Deemed to be University under Category 'A' by MHRD, Estd.u/s 3 of UGC Act 1956)
Re-accredited with 'A' Grade by NAAC. Recognised by UGC
Under Section 12 B, Coimbatore – 641 043, Tamil Nadu India





Avinashilingam 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

6th 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 6th International Yoga Day – 2020 celebration. About 116 students are involved in yoga activities from morning 6.00 am to 8.30 am on 21.06.2020. 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 6th 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 6th International Yoga Day – 2020 [21.06.2020]

























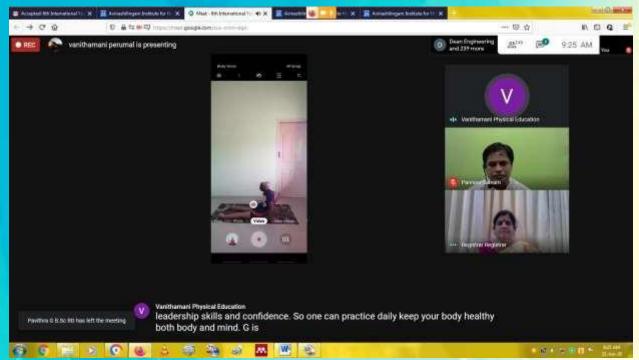




Mr. Paneer Selvam, International Trainer, TTP Faculty, Art of Living International Foundation, Bangalore delivered a special lecture on the theme – Yoga and Mental Health.



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 6th 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 – BPEd. Physical Education (National Medalist in Yoga)



(Deemed to be University under Category 'A' by MHRD, Estd.u/s 3 of UGC Act 1956) 5 Re-accredited with A+ Grade by NAAC, Recognised by UGC. Under Section 12 B. Coimballage - 641 043, Tamil Nadu India





Organized by National Service Scheme and Department of Physical Education Cordially invite you all to celebrate



5th INTERNATIONAL YOGA DAY 21st June, 2020





Dr. P.R. Krishnakumar, Changellar



Dr. S. Kowsalya, Registrar



Theres: Tags and Martel Health Resource Person - Mr. Pameer Selvam international Trainer, TTP Faculty. Art of Living Wertedonal Foundation,



Your Demonstration on COVD - 15 Prevention Yoga Passe Ma. R. Soundarya III - II.Sc. Physical Education (National Medalist in Yoga)



Yoga for Senters and Obl Age

II - ISPEC, Physical Education (National Nacistral to Yoga)

Inviting all the participants to join 6th International Yoga Day 2020 through

Digital platform - Google Meet App

Meeting Link: meet.google.com/zux-cnvn-dgo

Live Stream - https://stream.meet.google.com/stream/d9e9ba67-1c62-4da6-8b88-6e371862d5db

Time: 8.00 A.M. to 9.00 A.M.

Stay Home, Stay Safe, Stay Healthy and Happy

Chilef Patron

Dr. J.S. K Meenakshisundaram, **Monaging Trustee**

Dr. P.R. Krishnokumor, Chancellor

Patron

Dr. Fremovothy Vijayan Vice Chancellor

Advisor

Dr. S. Kowsalya, Registron

Coordinators

Dr. R.Seranana Francis HeD, Department of Physical Education Dr. S. Rajatakahmi, NSS Coordinator Dear, of Name Squares Extension Describe











Contact: Ferall II: regional/great zon/probbe physikosinety acie, were aviently acie









Copy of Invitation - 6th International Yoga D ay 21.06.2020



Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore (Deemed to be University under Category 'A' by MHRD, Estdady 3 of UGC Act 1956) Re-accredited with 'A+' Grade by NAAC, Recognised by UGC Under Section 12 B, Coimbatore - 641 043, Tamil Nadu



6th INTERNATIONAL YOGA DAY

21st June 2020





National Service Scheme and Department of Physical Education

Cordially invite you all to celebrate



Digital Platform for Webinar: @Sixte/Google Meet Mooting ID: meet,guagle.com/zuk-cnen-dgo

Live stream: https://stream.meet.google.com/stream/d8e6ba87-1c62-4da8-8b88-6e871882d6db

Time: 8.00 AM - 5.00 AM

Dr.R.Saravana Prabha Welcome Address HoD, Department of Physical Education

Shri, Dr. P.R. Krishnakumar, Chancellor,

Avinashilingam Institute for Home Science and Higher Education Presidential Address

for Women, Coimbatore - 641 043, Tamilodau.

Dr. Premavathy Vijayan, Vice Chancellor

Avinashilingam Institute for Home Science and Higher Education Greetings

for Women, Coimbatore - 641 043, Tamilndau.

Dr. S. Kowsalya, Registrar

Avinashilingam Institute for Home Science and Higher Education Greetings

for Women, Coimbatore - 641 043, Tamiladau.

Theme: Mental Health

Resource Person - Mr. Paneer Selvam

Keynote Speaker International Trainer, TTP Faculty, Art of Living International

Foundation, Bangalore

Theme: COVID - 19 Prevention Yoga Poses

Ms. R. Soundarya

III - B.Sc. Physical Education (National Medalist in Yoga) Demonstration of 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