

AZADI KA AMRIT MAHOTSAV

“Hamara Ayush Hamara Swasthya”

8TH INTERNATIONAL YOGA DAY

PROGRAMME REPORT

Venue : Civil Service Training Centre, Bhavani Sagar.

Date : 21ST JUNE 2022 @6.00am

Chief guest : A. Shadhanaikural, Principal, CSTI, Bhavani Sagar.

Principal : Dr. M.Menaka., Nandha Siddha Medical College and Hospital, Erode

Resource Person : Mrs. K.Prabavathi
Physical Trainer,
Civil Service Training Institute,
Bhavani Sagar.

Programe co-ordinators : Dr.D. Leelambigai, Nandha Siddha Medical College and Hospital, Erode
Dr. K. Manjuparkavi, Nandha Siddha Medical College and Hospital, Erode



“Yoga is the practice of quieting your mind”

2022 Theme: Yoga for Humanity

The practice of yoga brings joy, health and peace from within and deepens a sense of connection between an individuals inner consciousness and the external world.

About 450 civil service aspirants and 60 students of our college collobrated together and celebrated the 8th international yoga day. They were trained by Mrs. K.Prabhavathi, Physical trainer, CSTI, Bhavani sagar.

Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment



