

International day of Yoga 2020 – Webinar - “Yoga for healthy life”

Date: 22.06.2020

Time: 10:30 a.m

Centre for Spirituality and Yogic Science (CSYS) of Bharathidasan University celebrating International day of yoga – 2020 through webinar presentation on “Yoga for healthy life”. Live telecast also made through YouTube for those who are unable to get G-meet connectivity. The webinar had an 155 Registrants in which about 148 participants where attended the programme through G-meet and YouTube. The Programme was started at 10.30 a.m and gathering was welcomed by the Co-ordinator of Centre for spirituality and yogic science, **Professor Dr. M. Sundararaman**.



The presidential address was delivered by Honorable Vice Chancellor **Dr. P. Manisankar**, who has deliberated the secret of healthy life by way of yoga and highlighted several important precautions and preventions of life-style problems especially for student community.



Later, Chief guest Yoga Gugu **Mr. TRG Gowthaman** addressing to audience about the importance of learning and practicing yoga to “keep-fit”. How learning yoga through proper guru by adopting all basic yogic steps is also explained. Further he emphasized the uses of traditional yogic practice to students, staff and all others by improving their physical, mental and spiritual health. After the introduction about yoga he demonstrated many basic Asanas of flat, sitting, standing postures and breathing exercise which can be practiced regularly by all. Finally, many questions are answered by Mr. Gowthaman in a simple way.



The programme was felicitated by **Dr. G. Gopinath**, Registrar, Bharathidasan University and he revealed future action of University to continue the yoga practice and finally he thanked everyone.

