

## International Yoga Day-2019

**Date:** 21.06.2019

**Venue:** CARE, Kelambakkam

**Theme:** Health Benefit

**Summary:** International Yoga Day was celebrated at CHRI on 21.06.2019 organised by NSS, CARE and Department of Physical Education, CARE. The delegates present to grace the occasion were Dr. T Balasubramanian, Hon'ble Vice Chancellor, CARE, Dr. P Rajesh, Dean, CDCRI, Dr. Santhakumar B, Dean CHRI, Dr. Srinivasan N, Convener Research, CARE, Dr. Arun Kumar R, Vice Principal, CHRI along with our delegates from ISHA Yoga Foundation Mr. Vignesh, Mr. Sivakumar and Ms. Anupama. In the inauguration welcome address was delivered by Dr. Koyeli Girigoswami, NSS PO, CARE. The guests from Isha Yoga Foundation were felicitated by shawls by our Hon'ble Vice Chancellor, Dean CDCRI and Dean CHRI. The programme started with the inaugural address by Dr. T Balasubramanian, Hon'ble Vice Chancellor, CARE. The Isha Yoga delegates demonstrated the students the Upa Yoga and gave a video based training. The students from CHRI, CDCRI, CCN and FAHS joined the program with the total number of participants around 300. The faculties, HODs from different departments as well as staffs also joined the program. All the NSS volunteers participated and performed the yoga. The programme benefitted the participants by hands on yoga practice as well as motivation for yoga. The program was followed by vote of thanks by Mrs YagaJeyanthi, NSS, PO, CARE.



Dr. T Balasubramanian, Vice Chancellor, CARE, Dr. P Rajesh, Dean, CDCRI, Dr. Santhakumar B, Dean, CHRI, Dr. Srinivasan N, Convener Research, CARE, Dr. Arun Kumar R, Vice Principal, CHRI and Isha Yoga Delegates



Welcome address by Dr. Koyeli Girigoswami, NSS, PO, CARE



Inaugural Address by Dr. T Balasubramanian, Vice Chancellor, CARE



Felicitation of Isha Delegates



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Felicitation of Isha Delegates



MBBS students participating at IYD 2019





MBBS students participating at IYD 2019



Isha Yoga delegate during yoga session



CDCRI students participating at IYD 2019



Faculties participating at IYD 2019



FAHS students participating at IYD 2019



CHRI Staffs participating at IYD 2019





CCN students participating at IYD 2019



CCN students participating at IYD 2019



Registration for IYD-2019



CHRI Staffs participating at IYD 2019



Vote of thanks delivered by MsDevaki, Faculty, CCN



Faculties attending IYD, 2019