

International Yoga Day-2017

Date: 23.06.2017

Venue: CARE, Kelambakkam

Theme: Health Benefit

Summary: International Yoga Day was celebrated at CHRI on 23.06.2017. The programme started with a pledge taking ceremony followed by welcome address delivered by Dr. Vijaybanu U, Assistant Professor, Counselling Psychology. Dr. Shiv Bhushan Sharma, Professor, Department of Physiology, CHRI delivered a lecture on "Principles of Yoga" creating awareness among NSS volunteers about the different aspects of yoga in everyday life. Mrs. Ranjini Purushottam and Mrs Prabha from ISHA YOGA FOUNDATION, Chennai were the chief guests of our Programme. They demonstrated the students the Upa Yoga and gave a video based training. All the NSS volunteers participated and performed the yoga. The delegates were also felicitated with mementos. The programme benefitted the students by hands on yoga practice as well as motivation for yoga. BDS doctors, students, Nursing students, AHS students were present among the participants. The programme was organized by Dr. Koyeli Girigoswami and Dr. Venu Gopala Rao Konda, NSS, PO, CARE.

