

CHETTINAD ACADEMY OF RESEARCH AND EDUCATION

NSS AND UNNAT BHARAT ABHIYAN

REPORT ON INTERNATIONAL YOGA DAY -2020

Theme : Yoga @ Home And Yoga With Family

Date :21.06.2020

Time : 9am

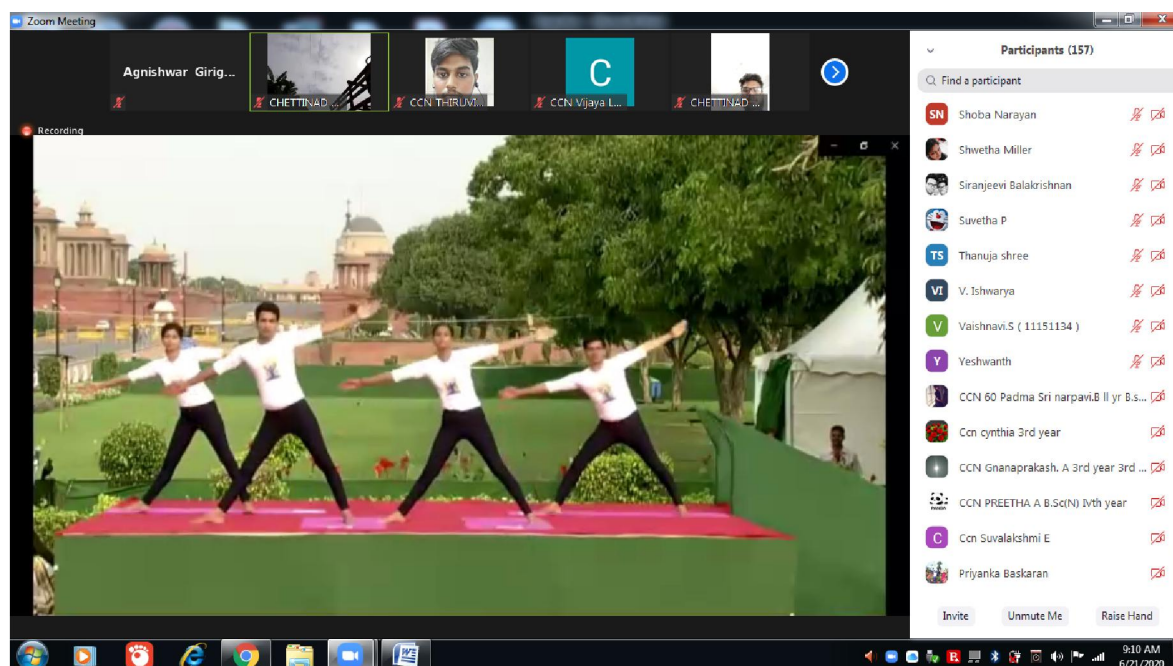
Platform :Zoom app

No of Participants : 200

Every year, June 21 is recognized as International Yoga Day. However, this year, due to social distancing measures adopted by most countries, the theme set by the United Nations is “Yoga for Health – Yoga at Home”. The World Health Organization (WHO) mentions yoga as a means to improve health in its Global Action Plan on Physical Activity 2018–2030: More active people for a healthier world. Addressing the nation on Yoga Day 2020, Prime Minister Narendra Modi said that the world has now resorted to virtual yoga due to COVID-19. “All of us are doing yoga at home with the family. Yoga unifies people, unifies the world. Yoga is helping us in this fight against this pandemic. The pranayamas help us in building immunity and resolving respiratory illnesses.”


CARE recognizes this yoga day celebration and permits NSS & UBA to celebrate by projecting a video on yoga by using Zoom platform. The video was sent by UGC and it insisted on the importance of yoga, benefits of yoga, different types of yoga and its special uses. Around 290 members participated in International Day of Yoga Celebration from

MBBS, Nursing & Allied Health Sciences. The programme went about an hour and ended up with National Anthem.



Zoom Meeting

Recording



Participants (200)

Find a participant

AG	Agnishwar Girigoswami (Me)		
	Chettinad Academy ... (Host)		
	Koyeli G		
AH	A. Harini MBNT		
AS	Akshara Suresh		
	Angeline Barron		
	anitha c		
	Atchaya Jeevahan		
	B a l a		
	CCN 09 Anjana Sethukumar		
C3	CCN 35 jeeva Bsc II year		
	CCN 48 Logeshwari.S B-II yr Bsc...		
	CCN 51 Monika.K. year B. Sc(N)		
	CCN 60 Padma Sri narpavi.B II y...		

Invite Unmute Me Raise Hand

9:31 AM
6/21/2020

9:26 AM			9:26 AM			9:26 AM											
Close			Participants (192)			Close			Participants (193)			Close			Participants (192)		
MB	M.Nilofer Banu			CON PRINCY PETRISHYA. D		CL	Chettinad Leela shree		MC	M.priyadarshini ccn		CL	Chettinad Leshyha		MS	Madhumitha Swaminathan	

9:25 AM

Close Participants (192)

Search

- Nancy Victoria (me)
- Chettinad Academy of R... (host)
- CCN Praveen Nirmala.G
- AH A. Harini MBNT
- AG Agnishwar Girigoswami
- AS Akshara Suresh
- anitha c
- Atchaya Jeevahan
- B a l a
- CCN 09 Arjana Sethukumar
- C3 CCN 35 jeeva Bsc II year
- CA CCN AGUSTA 3rd YEAR

Invite

9:15 AM

CCN4karthiga.kumar left

Recording



Koyeli G's screen

9:11 AM

Zoom 14:47

Leave

Recording



Unmute Start Video Share Participants More

9:02 AM

Recording



Shri Narendra Modi
Prime Minister of India
Many good wishes to the Yoga enthusiasts across the globe on the occasion of International Day of Yoga.

Koyeli G's screen

9:01 AM

Agalya left

Recording



आयुष मंत्रालय
Ministry of AYUSH
भारत सरकार
Government of India

Koyeli G's screen

9:00 AM

Ba is joined

Zoom 04:27

Leave

Recording



Unmute Start Video Share Participants More