

**CHETTINAD ACADEMY OF RESEARCH AND EDUCATION  
NSS AND UNNAT BHARAT ABHIYAN  
INTERNATIONAL YOGA DAY -2021**

**Theme:** Yoga for Wellness

**Date:** 21.06.2021

**Time:** 10 am-11 am

**Platform:** Online (Zoom)

**No of Participants:** 100

**Summary:** The international day of yoga (IDY) was celebrated by NSS, CARE and UBA, CARE on 21.06.2021 through online mode. The Chief guest of the event was Dr. T Balasubramanian, Hon'ble Vice Chancellor, Chettinad Academy of Research and Education. The programme started with an invocation song followed by welcome address delivered by Dr. Koyeli Girigoswami, NSS, PO and UBA coordinator, Chettinad Academy of Research and Education, Kelambakkam. The Chief Guest Dr. T Balasubramanian delivered the inaugural address highlighting the importance of Yoga and the origin of yoga practice. The speech was very enthusiastic for all the participants and after the completion of his wonderful speech a video demonstration of different types of breathing exercises was screened. The video demonstrator was Ms. Kamlesh Barwal, Director of Sri Sri Yoga, Art of Living and she elaborately explained the various types of breathing exercises and their benefits in combating COVID 19. The informative video as well as ease to perform the exercises was very useful for the participants. Then the vote of thanks was delivered by Ms. Nancy Victoria, NSS, PO, CARE followed by National anthem to conclude the programme. The participants were the different volunteers of NSS, UBA, students from different constituent colleges of CARE, faculties and staffs. The programme was very successful and some screenshots of the event is given below.



