



Report on International Day of Yoga Celebrations (21st June 2021)

The Department of Physical Education (PSG ITAR) and PSG College of Technology jointly celebrated the International Day of Yoga 2021 on 21st June 2021. Dr. S. Somasundaramoorthy, Director of Physical Education, PSG College of Technology, and Dr. P. V. Mohanram, Secretary, PSG ITAR addressed the participants on the importance of Yoga and its life-long benefits. Dr. G. Chandramohan, Principal (PSG ITAR) spoke about the importance of celebrating the International Day of Yoga and Dr. K. Prakasan, Principal-in-charge, PSG College of Technology, administered the Yoga Day Pledge.

Around 100 participants consisting of both students and faculty members benefitted through the session. During the session, Mr. M. Senthilkumar, Yoga Master, demonstrated various yoga asanas and pranayama (breathing exercises). At the end of the session, Pranayamas (breathing exercises) like Bhramari Pranayama, Sitali Pranayama, Kapalbhathi Pranayama, NadiShodhan Pranayama, and Dhyana were also explained and demonstrated.

Some of the other asanas practised during the session include:

Standing Asanas

- Tadasana
- Vrksasana
- PadaHastasana
- AardhaChakrasana
- Trikonasana

Sitting Asanas

- Bhadrasana
- Vajrasana
- Ardha Ustrasana
- Ustrasana
- Sasankasana

- UttanaMandukasana
- Vakrasana

Prone Posture Asanas

- Makarasana
- Bhujangasana
- Salabhasana

Supine Posture Asanas

- SetuBandhasana
- Uttanpadasana
- ArdhaHalasana
- Pavanamuktasana
- Savasana



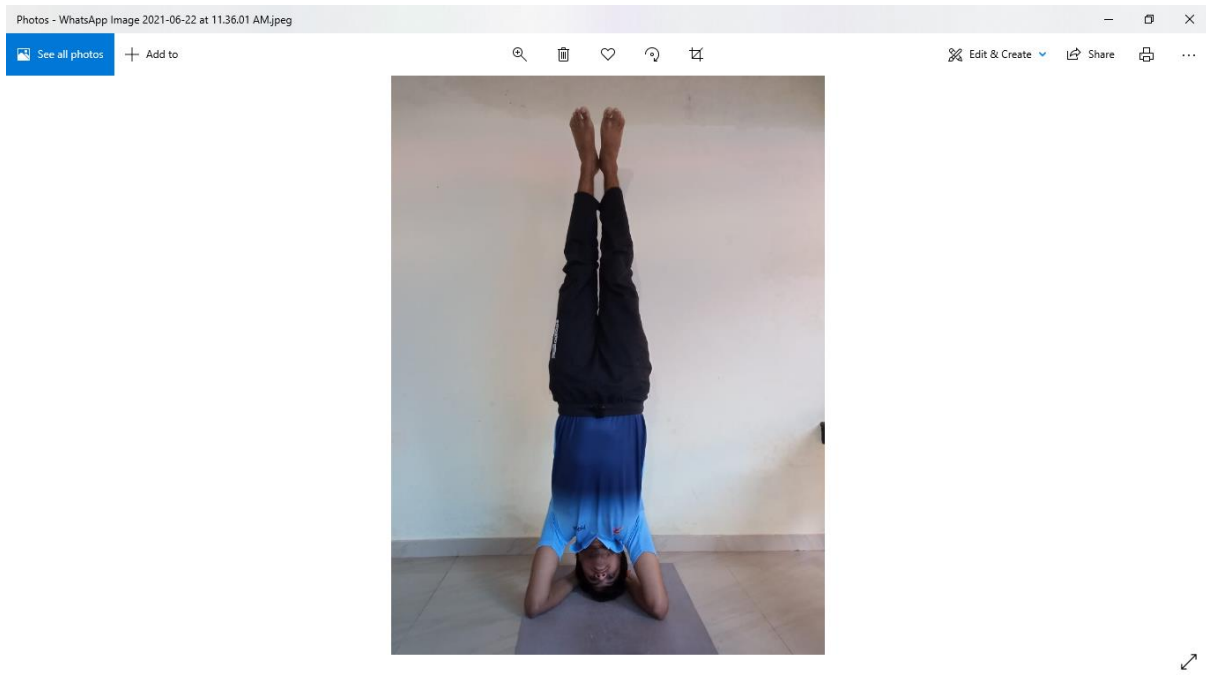
Mr. M.Senthilkumar, Yoga Master, demonstrates the Salabhasanas to our college staff and students during the International Day of Yoga Programme-2021.



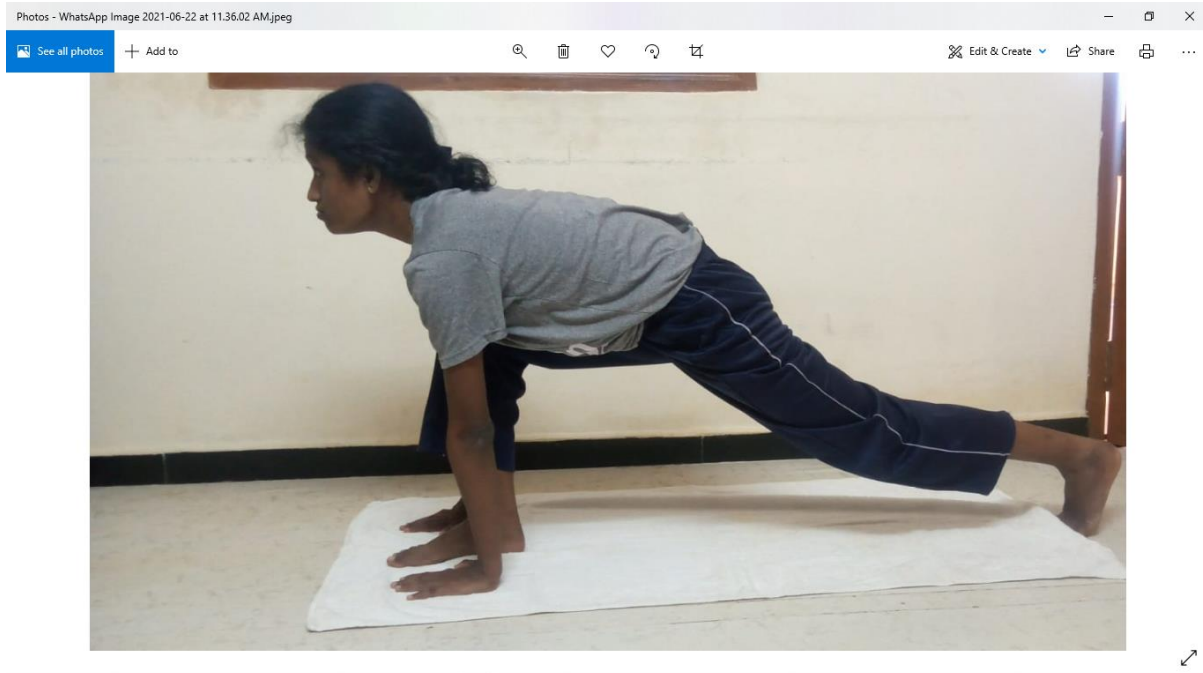
Dr. R. Ramesh, Professor, Department of Mechanical Engineering, is performing Ustrasana during International Day of Yoga (IDY) 2021



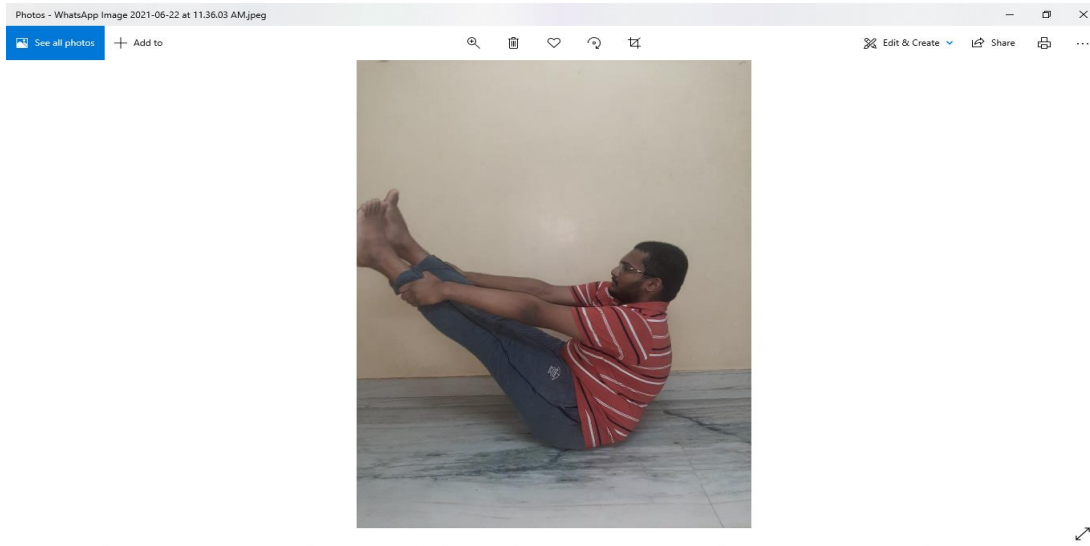
Mr. J. Harsh (IV B.E. CIVIL) was performing Padma Mayurasana during International Day of Yoga (IDY) 2021



Mr. R. Nikhil (II B.E. CSE) is performing Sirsasana during the International Day of Yoga 2021



Ms. R. Kowsika (II B.E. EEE) is performing Ashwa Sanchalanasana during International Day of Yoga 2021



Mr. B. Muthu Rakesh (II B.E. CSE) is performing Ardha Navasana during International Day of Yoga 2021