

INTERNATIONAL DAY OF YOGA (IDY) 2019

FINAL REPORT

Date : **June 21st, 2019**
Time : **7.00 am to 8 .00 am**
Venue : **VMSDC**
Guest : **Mr.Suresh Kumar [Yogaguru]**
Participants : **STAFF & STUDENTS (More than 70 persons were Participated)**

Vinayaka Mission's Sankarachariyar Dental College celebrated the 5th International Yoga Day in the college.

It was conducted by Mr. Suresh kumar, Yoga master, more than 60 students and 5 staff took part in the event.

Principal Dr.J.Baby John welcomed the gathering and also participated in the event.

A Lecture on effects of yoga was delivered by the Yoga Master followed by Yoga training to the volunteers.

The program was well received by the participants. The event was coordinated by Dr. R. Karthikeyan, NSS program officer and Mr.Senthilkumar, Physical Director.



