

**VINAYAKA MISSIONS KIRUPANANDA VARIYAR ARTS AND SCIENCE COLLEGE,  
SALEM**

**INTERNATIONAL DAY OF YOGA**

**SPECIAL LECTURE ON YOGA, NEED AND IMPORTANCE WITH EFFECTS**

A special lecture on the Need and Importance of Yoga in the present context for the students of Arts and Science were elaborately discussed by the Principal, Dr.V.Anbazhagan, VMKV Arts and Science College, Salem. Specific necessities of Yoga and its practices to maintain good health of human beings was pin pointed by Dr. Mohan, Assistant Professor and Yoga Practitioner during the process of Yoga practice to the teaching and non-teaching staff and students.

**YOGA TRAINING – STUDENTS**

Students of Arts and Science, Education and Physical Education are given yoga training for one hour each in three different spells on the same day after the elaborate lecture. During the practice then and there, the Yoga Expert Dr. Mohan, has elaborated various benefits of various yoga asanas. The students took active part in doing those asanas.



