

Lady Willingdon Institute of Advanced Study in Education (A) Triplicane, Chennai -05.

International Day of Yoga Celebrations - 2022

Introduction

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga asanas are beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health, the management of diabetes, respiratory disorder, hypertension, hypotension and other lifestyle related disorders. They also help to reduce depression, fatigue, anxiety disorder and stress.

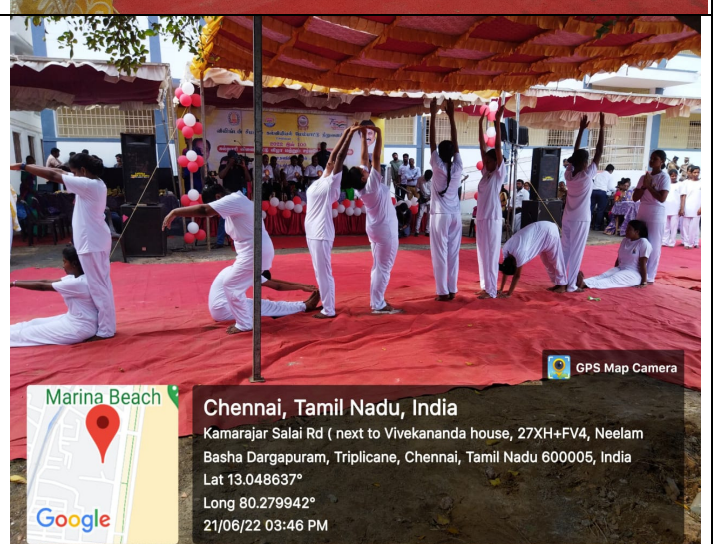
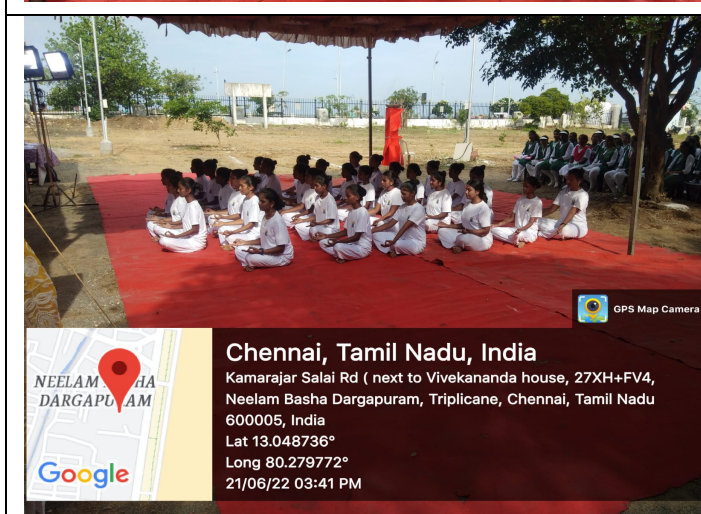
On December 11, 2014, the 193 member United Nations General Assembly passed the resolution to observe 21st June every year as “International Day of Yoga”. The day is celebrated to honour the traditional practice of yoga, which emanated in India. Yoga helps in reducing stress and anxiety, besides providing physical relaxation. The aim of International Yoga Day is to spread awareness about the benefits of yoga.

The theme of International Yoga Day 2022 is ‘Yoga for Humanity’. This theme was decided considering the importance of yoga and how it benefited the masses in keeping safe and healthy during the outbreak of coronavirus. It also focuses that there is a greater need for inculcating better health practices in our day-to-day life through yoga.

Programme 1: International Day of Yoga Celebrations in LWIASE on 21.06.2022

Yoga day celebrations are an occasion of mass gatherings. In our Lady Willingdon Institute of Advanced Study in Education, Chennai-05, we celebrated the 8th International Day of Yoga, in a grand manner on 21.06.2022 along with our College Sports meet. Siva.V. Meyyanathan, Minister for Environment and Pollution Control, Youth Welfare and Sports developments, Tamil Nadu, graced the event as Chief Guest. 33 Student teachers of our LWIASE performed yoga. The event started with Yoga Prayer, Surya Namaskar Postures, Standing and Sitting Postures, Lotus Posture and our student teachers done some formations like LWIASE, YOGA etc., Our Principal Dr.M.S.Thillainayaki, Our faculty members Dr.D.Hemalatha Kalaimathi, Assistant Professor, Department of Biological Science Education, Dr. S.Nalini, Guest Lecturer and Yoga Instructor Mrs. Kotteeswari were planned and organized the event successfully.

Photogallery



Student Teachers of Lady Willingdon Institute of Advanced Study in Education, performed Yoga Asanas and Pranayama on 21.06.2022, as a part of International Yoga Day Celebrations.

Programme 2: Our student Teachers participation in IDY celebration at Raj Bhavan, Chennai, Tamil Nadu.

On the same day 21.06.2022 morning 77 student teachers of Lady Willingdon Institute of Advanced Study in Education, participated in the 8th International Day of Yoga Celebrations held at Raj Bhavan, Chennai, Tamil Nadu. There the participants were instructed by Yoga practitioners from Isha Yoga and The art of living to follow sequence of some Asanas. In which Thiru.R.N.Ravi, Honourable Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi participated. Our Principal Dr.(Mrs.)M.S.Thillainayaki, and our faculty members Dr.S.Rama, Assistant Professor, Department of Mathematics Education, Dr. B.Tamilarasi were coordinated the students to participate in this remarkable event of International Day of Yoga Celebrations in Raj Bhavan, Tamil Nadu.

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Thiru R.N.Ravi, Hon'ble Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi, participated in the 8th International Day of Yoga Celebrations held at Raj Bhavan, Chennai, today (21.06.2022).



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Programme 3: Yoga Day Workshop organized by IQAC of LWIASE as a part of International Day of Yoga Celebrations 2022.



**விலிங்டன் சீமாட்டி கல்வியியல்
மேம்பாட்டு நிறுவனம் (தன்னாட்சி),
சென்னை-5.**
"2022 இல் 100"
IQAC வழங்கும்
சர்வதேச யோகா தினத்தையொட்டி பயிலரங்கம்
மனவளக்கலை - யோகா
பயிற்றுவிப்பவர்கள்
Ms.கீதா சங்கர்
Ms.தீபா கார்த்திக் & Ms.லாவண்யா
கிருஷ்ணமாச்சார்யா யோகா மந்திரம்
சென்னை
இடம்: கல்லூரி
கலையரங்கம்
தேதி: 23rd ஜூன் 2022
நேரம்: 11 மணியளவில்



பயிலரங்க இயக்குனர்
கல்லூரி முதல்வர்
முனைவர்.ம.ச.தில்லைநாயகி
IQAC ஒருங்கிணைப்பாளர்
முனைவர்.தே.ஹேமலதா கலைமதி
உதவிபேராசிரியர்- உயிரியல் கல்வியியல் துறை

In connection with the International Day of yoga celebrated on 21st of June 2022, IQAC of Lady Willingdon Institute of Advanced Study in Education organised a one day Yoga Day Workshop on 23rd June 2022. Our Principal, the Programme Director Dr.M.S.Thillainayaki, IQAC coordinator Dr. D. Hemalatha Kalaimathi, Assistant Professor, Department of Biological Science Education, all the teaching and Non-teaching staff, 410 student teachers were participated. Welcome address given by our IQAC co-ordinator Dr. D. Hemalatha Kalaimathi.

Resource persons, Yoga instructors Ms. Geetha Shankar, Ms. Lavanya and Ms. Deepa Karthik were invited. The resources persons belonged to the Krishnamachariyar Yoga Mandiram Association from Chennai. The workshop held between 11.00 am and 1.00pm at college auditorium.

The Resource person emphasized the need and the importance of yoga in the daily life. Instructors demonstrated simple yoga postures to the participants. Several yoga postures like Vrikshasana, Bujangasana, SuriyaNnamaskar, Prayanama, Veerabadhrasana, Jalabasana, Thandasana, Vajrasana were demonstrated. The students also practiced the following asanas during which the instructors corrected their postures and gave feedback.

Several life coping values and Yoga as a part of life style was emphasized. The event ended Vote of thanks by Dr.V.Sujitha, Physical Director, LWIASE.

Photogallery

