



BS ABDUR RAHMAN CRESCENT INSTITUTE OF

7th INTERNATIONAL DAY OF YOGA - 2021

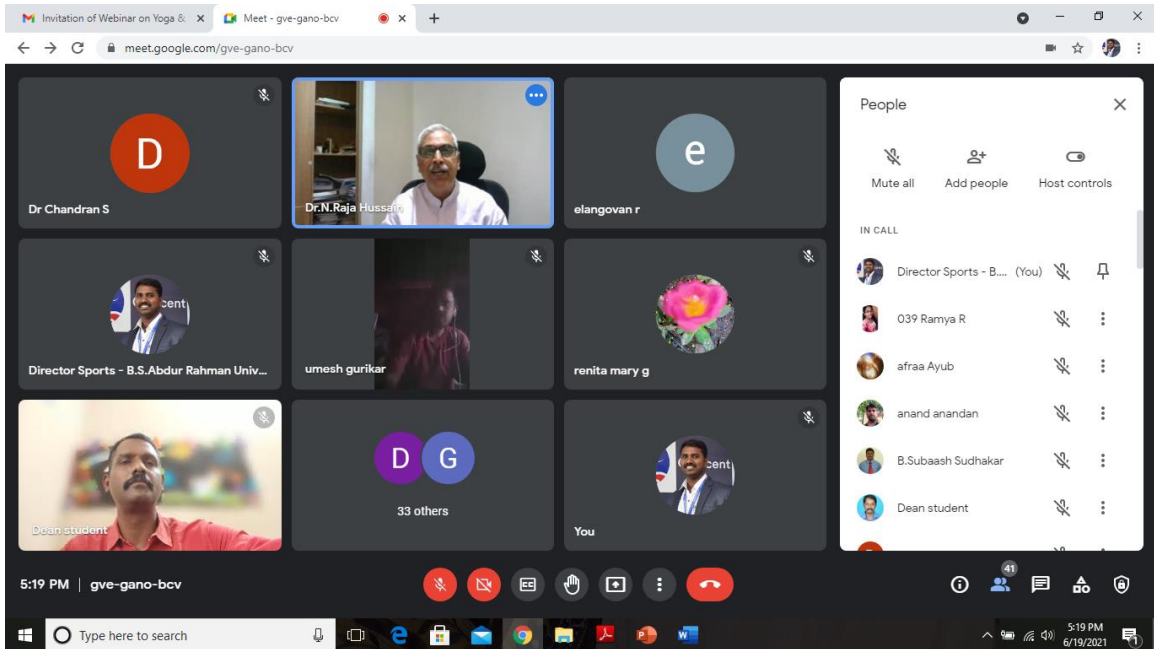
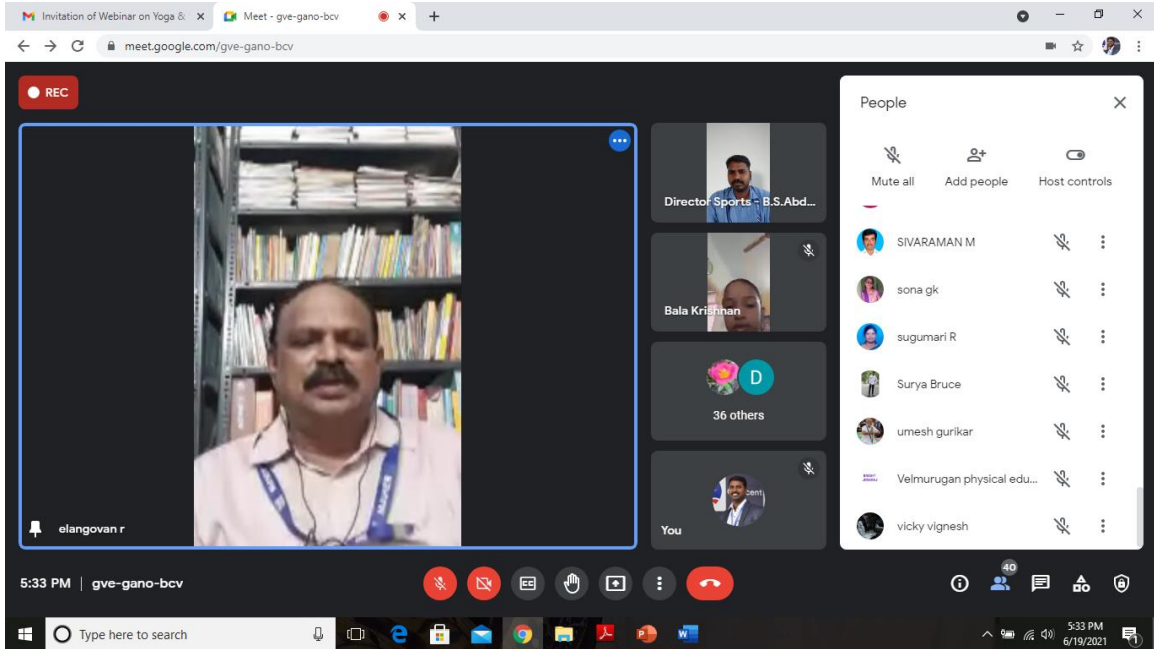
SCIENCE AND TECHNOLOGY

Report

The 7th International Day of Yoga was celebrated through online (Google Meet App) on 19, 20 & 21 June 2021 with more than 300 participants which includes, two webinars on yoga for holistic living in the date of 19 & 20 June 2021, one live demo & webinar on yoga for immunity improvement in the date of 21 June 2021 and Super Brain Yoga (Thoppukaranam) Competition which was conducted through online mode from 19th June 2021 and winners was announced on 21 June 2021. BS Abdur Rahman Crescent IST, Dr. A. Peer Mohamed Vice Chancellor, Dr. A. Azad Registrar, Dr. N. Raja Hussain Additional Registrar, Mr. V.N.A. Jalal Senior General Manager, Dr. P.S. Syed Masood Jamali, Dean, Arabic & Islamic Studies and the Syndicate members, Professors of university departments, Administrative Staff, University students, Teachers and students at the various affiliated Colleges along with their family members also participated and the programs was organized by

7th International Day of Yoga, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai (TN).

Department of Physical Education, Office of Student Affairs and Crescent



Silambam and Yoga Club.

7th International Day of Yoga, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai (TN).

Day 1 (19.06.2021)

Webinar on Yoga for Holistic Living

The first Day celebration started with webinar and Google form (Video Uploading Link) for Super Brain Yoga (Thoppukaranam) Competition circulated to the Students of BA Abdur Rahman Crescent IST.

Webinar Agenda,

5.00	Qirath	****
5.03 pm	Welcome Address	Dr. R. Karthikeyan , Dean, Students Affairs
5.08 pm	Inaugural Address	Dr. Raja Hussain , Additional Registrar.
5.15 pm	Introduction of Speaker	Dr. S. Selvakumar , Director, Dept of PE
5.18 pm	Speaker Presentation	Dr. R. Elangovan , Guest Speaker Former Professor and Head, Dept of Yoga, TNPESU, Chennai. First Yoga Professor Appointed officially in TN Government History. Instrumental in Introducing Yoga Courses, Yoga Colleges and Yoga Affiliated Colleges in TN.
6.00 pm	Question & Answers	Dr. R. Elangovan , Guest Speaker
6.10 pm	Vote of Thanks	Dr. S. Chandran , Advisor & Coach, Dept of PE

7th International Day of Yoga, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai (TN).

Day 2 (20.06.2021)

Webinar on Yoga for Holistic Living

Webinar Agenda as follows,

5.00 pm	Qirath	***
5.03 pm	Welcome Address	Dr. R. Karthikeyan , Dean, Students Affairs
5.08 pm	Introduction of Speaker	Dr. R. Purushothaman , Deputy Director, Dept. of PE
5.13 pm	Speaker Presentation	Dr. Kumareswaran , Guest Speaker Yoga & Holistic Living Master, President of Yoga Sports Association, Singapore. Received Yoga Rathna Award from Asian Yoga Fedaration.
6.00 pm	Question & Answers	Dr. Kumareswaran , Guest Speaker
	Vote of Thanks	Dr. S. Selvakumar , Director, Dept of PE

Day 3 (21.06.2021)

LIVE DEMO AND WEBINAR ON YOGA FOR IMMUNITY IMPROVEMENT

On this day winners of Super Brain Yoga (Thoppukaram) Competition awarded with Cash Price.

Webinar Agenda,

10.00 am	Qirath	Dr. P.S. Syed Masood Jamali , Dean, Arabic & Islamic Studies.
10.03 am	Welcome Address	Dr. N. Raja Hussain , Additional Registrar.
10.08 am	Inaugural Address	Dr. A. Azad , Registrar.
10.13 am	Presidential Address	Dr. A. Peer Mohamed , Vice Chancellor
10.18 am	Felicitation Address	Mr. V.N.A.Jalal , Senior General Manager
10.23 am	Introduction of Speaker	Dr. S. Selvakumar , Director, Dept. of PE
10.25 am	Speaker Presentation & Live Demo	Dr. S. Jeyaprakash , Guest Speaker, Principal, Vethatri Maharishi College of Yoga, Written Two Yoga Books and SKY Poems.
11.15 am	Question & Answers	Dr. S. Jeyaprakash , Guest Speaker
11.25 am	Announcement of Super Brain Yoga Competition Winners	***
11.30 am	Vote of Thanks	Dr. R. Karthikeyan , Dean, Students Affairs

The exercise of celebrating this day convincingly conveyed the message of Yoga for Well-being and its significance. This day was a grand success in our BS Abdur Rahman Crescent Institute of Science and Technology and it succeeded in motivating teachers, especially students to practice Yogasana and Pranayama in their day-to-day life.

7th International Day of Yoga, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai (TN).

Flyers of Webinar and Super Brain Yoga Competition

INTERNATIONAL YOGA DAY CELEBRATIONS 2021
 DEPARTMENT OF PHYSICAL EDUCATION JOINTLY ORGANIZED WITH OFFICE OF STUDENT AFFAIRS & CRESCENT SILAMBAM AND YOGA CLUB

WEBINAR ON YOGA FOR HOLISTIC LIVING
 (On 19th & 20th June 2021 @ 5 PM)

Register for Free.
 Link: <https://forms.gle/68N7g2Nct6RMBv7>
 Join WhatsApp: <https://chat.whatsapp.com/H1m3rE0baU0UjV6xBQk>

SPEAKERS

DR. KUMAR YOGA & HOLISTIC LIVING MAESTER PRESIDENT, YOGA SPORTS ASSOCIATION, SINGAPORE.	DR. R. ELANGOAN FORMER PROFESSOR & HEAD DEPARTMENT OF YOGA, TNPSU, CHENNAI.
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ORGANIZING SECRETARIES

DR. S. SELVAKUMAR DIRECTOR, DEPT. OF PHYSICAL EDUCATION +91 9790085085	DR. R. KARTHIKEYAN DEAN, STUDENT AFFAIRS +91 7602534668
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E - Certificate will be Provided for Registered Participants

INTERNATIONAL YOGA DAY CELEBRATIONS 2021
 DEPARTMENT OF PHYSICAL EDUCATION JOINTLY ORGANIZED WITH OFFICE OF STUDENT AFFAIRS & CRESCENT SILAMBAM AND YOGA CLUB

WEBINAR ON YOGA FOR HOLISTIC LIVING & ANNOUNCEMENT OF SUPER BRAIN YOGA COMPETITION WINNERS
 (On 21st June 2021 @ 10 AM)

Register for Free.
<https://forms.gle/68N7g2Nct6RMBv7>
 Join WhatsApp: <https://chat.whatsapp.com/H1m3rE0baU0UjV6xBQk>
 Meet Link: <https://meet.google.com/gve-gnn-bcy>

SPEAKER

DR. S. JAYAPRAKASH PRINCIPAL, VETHATHIRI MAHARISHI COLLEGE OF YOGA.
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SUPER BRAIN YOGA COMPETITION

RULES:

1. VIDEO LENGTH - 3 MINUTES
2. TAKE VIDEO BY COVERING CLOCK(TIMER)
3. SUBMIT VIDEO BEFORE 20TH JUNE 2021

<https://forms.gle/CCyqNKA4q23QVWP86>

WIN EXCITING CASH PRIZE

FURTHER DETAILS

DR. S. SELVAKUMAR DIRECTOR, DEPT. OF PHYSICAL EDUCATION +91 9790085085	DR. R. KARTHIKEYAN DEAN, STUDENT AFFAIRS +91 7602534668
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E-CERTIFICATE WILL BE PROVIDED FOR ALL PARTICIPANTS

INTERNATIONAL DAY OF YOGA 2021
 On June 21, 2021 Monday at 10 am
 in Virtual Platform (Google Meet)

Dr. A. Peer Mohamed
 Vice Chancellor
 BSA Crescent Institute of Science and Technology, Will Preside over the Function

Dr. A. Azad
 Registrar

Dr. N. Raja Hussain
 Additional Registrar

Mr. V. N. A. Jalal
 Senior General Manager
 BSA Crescent Institute of Science and Technology, Will Felicitate the Function

Live Demo & Webinar on Yoga for Immune Improvement by our Honorable Chief Guest
Dr. S. Jayaprakash
 Principal,
 Vethathiri Maharishi College of Yoga.

Joining Link (Google Meet): <https://meet.google.com/gve-gnn-bcy>

YOU'RE CORDIALLY INVITED

Dr. S. Selvakumar Director, Dept. of Physical Education	Dr. R. Karthikeyan Dean, Office of Student Affairs
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Yoga for Harmony & Peace

Registrar

7th International Day of Yoga, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai (TN).