

3RD INTERNATIONAL YOGA DAY CELEBRATIONS

CENTRAL UNIVERSITY OF TAMIL NADU
THIRUVARUR





The third International Yoga Day was formally inaugurated on June 21, 2017. In this connection a meeting was organized on the university campus at 10.30 AM. It was presided by Dr. S. Bhuvaneshwari, Registrar, CUTN. The chief guest was Dr. A. P. Dash, Vice-Chancellor, CUTN. The meeting was commenced with an invocation, followed by the lighting of the lamp in a traditional way. Dr. S.Kumaraguru, Physical Instructor, CUTN formally welcomed the gathering while giving the importance of the day.



Later, Dr. S. Bhuvaneshwari, Registrar, in her presidential remarks threw light on this vital science and its need in the present day world. Dr. AP. Dash, Vice Chancellor, CUTN spoke about the importance of the day and how it was made an international event by the Honourable Prime Minister, Shri Narendra Modi. He stressed the need of Yoga in daily life and gave an appeal to the audience that they should practice it sincerely and honestly and make it an integral part of one's life.



The key speaker was Dr. K. V. Raghupathi, an exponent of classical yoga. He had shared his more than three decades of experience and knowledge of Yoga with the audience. He dwelt upon the achievement of balance, one of the meanings of Yoga, in one's life. He said that man should first achieve integration and unity at one's body and mind level before taking oneself into the spiritual union with the Cosmos. In the changing complex world, he said that everyone should make the practice of Yoga an integral part of one's life.



Ms. Haseena Naji, Research Scholar, Department of English proposed vote of thanks. It was followed by the ethnic refreshments. At the end Dr.K.V.Raghupathi conducted camp for the teaching and non-teaching faculty.

