

INTERNATIONAL YOGA DAY @ BIT



The International Yoga Day was celebrated at Bannari Amman Institute of Technology, Sathyamangalam as per the UGC Circular F No 3-1 2015 (IDY/UGC-SERO). Dr. K. Sivakumar, Head, Department of Mechanical Engineering welcomed the gathering and Mr. R. Balakrishnan, Assistant Professor (Selection Grade) delivered the presidential address. Mr. K.R. Ganesh Babu, Yoga Therapist, Founder and Director of AUM Yoga Therapy Centre, Coimbatore conducted the training session on Yoga for the Faculty Members. He threw light upon the vital role of yoga in the lives of people by presenting the message of the Honourable Prime Minister Shri Narendra Modi. He described the fundamentals of yoga and said that the human body was a supercomputer created by God and Yoga was the manual for maintaining that supercomputer. He trained the faculty members on the fundamental yogasanas and pranayama with meditation. Ms. S. Sampoorna Lakshmi, Yoga Teacher, Bannari Amman Institute of Technology, proposed the vote of thanks.
