



CHRIST THE KING ENGINEERING COLLEGE

Karamadai, Coimbatore - 641104

(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai)

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INTERNATIONAL YOGA DAY CELEBRATION

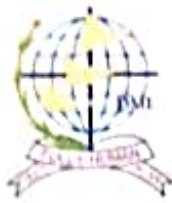
Title of the yoga day celebration	: The Positive Framework of Meditation
Venue, Date and Time	: Virgin Mary Auditorium, CKEC, 20th June 2023 and 9.30am
Faculty In-Charge	: Dr.S. Dinesh Kirupha, AP/Chemistry

INTRODUCTION:

International Yoga Day is celebrated every year on June 21. It serves as a global platform to raise awareness about the various benefits of practicing yoga. The idea of observing International Yoga Day was first proposed by Prime Minister Narendra Modi, during his speech to the 69th session of the United Nations General Assembly on December 11, 2014, Prime Minister Narendra Modi proposed a dedicated yoga day. All 193 UN member states agreed to celebrate the International Day of Yoga on June 21. On June 21, 2015, the inaugural celebration took place. Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Theme of the 9th international Yoga day is “VasudhaivaKutumbakam” which means yoga for the welfare of all in the form of “yoga for the welfare of all in the form of “One World-One Family”

THE POSITIVE FRAMEWORK OF MEDITATION:

Based on this theme, the international yoga day was celebrated entitled “The Positive Framework of Meditation” by the students and faculties of Christ the king engineering college on 20th June 2023 with great enthusiasm. The purpose of the celebration is to develop a friendly atmosphere and to encourage their creative impulses to boost their confidence. It is the day where to boost the young minds to bond and unite to celebrate being part of the VasudhaivaKutumbakam. The celebration was organized by the Department of Science and Humanities in the Mother Virgin auditorium at 9.30 AM. Dr.T.Rajasekar, Assistant Professor welcomed the gathering. Presidential address was delivered by Principal, Dr.M.Jeyakumar. The Chief Guest Mr.Naveen Kumar Madiraju certified trained Yoga instructor with Isha



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Yoga Coimbatore addressed the gathering. He emphasized about the importance of Yoga in their day today life. He gave interesting insight to the students how to increase the positivity in a person. He explained the importance of Yoga in the life of youngsters. Also he addressed about the benefits of yoga, which include improved physical and mental health, stress relief, and increased flexibility and strength with the Positive Framework of Meditation. He explained that regular practice of Yoga will help the students achieve better mental and physical health.

Finally Mr. Naveenkumar Madiraju started the Yoga demonstrations with the Yoga prayer at 9.30 am . After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by Mr. Naveen kumar Madiraju spoke about 'The Positive Framework of Meditation'. He began by explaining how negative thoughts disturb a person. Negativity she said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. He emphasized the fact that purity of thought increases positivity in a person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. He emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. At the end of each session he conducted a 3 minute meditation session with the students and teachers and professed the regular use of meditation in one's life.

CONCLUSION:

This session was to expresses the spirit of yoga, which unites and takes everyone along. This session trained the participant to achieve the mind-body practice that combines physical postures, breathing exercises, and meditation. It has a wide range of benefits for physical and mental health, including reducing stress, improving flexibility, and increasing strength.

Finally Vote of Thanks is delivered by Dr.T. Rajasekar, Department of Science and Humanities followed by National anthem.



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PHOTOS



Students Performing Yoga asanas on 20th June 2023, International Yoga Day.



Dr. M. Jeeyakumar
PRINCIPAL

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