



**ANNAMALA UNIVERSITY
FACULTY OF MARINE SCIENCES, CAS IN MARINE BIOLOGY
PARANGIPETTAI – 608 502
ENVIRONMENTAL INFORMATION SYSTEM RESOURCE PARTNER**

International Day of Yoga (21.06.2020)

To commemorate the "International Day of Yoga, 2020", ENVIS RP, CAS in Marine Biology, Annamalai University organized a one day programmed on 'KAYAKALPA YOGA- AN IMMUNITY BOOSTER' on 25.6.2020 for the benefit of the research scholars and faculty members. The details are as follows:

Prof Dr M Srinivasan, Dean, Director and ENVIS Co-ordinator initiated the programme by giving an introduction to 'Kayakalpa Yoga'. He explained about the origin of the vital fluid, intensity of the bio-magnetism and benefits of doing Kayakalpa Yoga, in detail. Prof Srinivasan recalled the yeomen service rendered to the humanity by Shri Vethathiri Maharishi (1911–2006), a spiritual leader and founder-trustee of "The World Community Service Centre". In 1984 he founded the "Vethathiri Maharishi Yoga and Kaya Kalpa Research Foundation" based in Aliyar, Pollachi, Tamil Nadu in the name of Arutperunjothi Nagar.



**Fig: Shri Vethathiri
Maharishi explaining
'Kayakalpa Yoga'**

Subsequently, Shri. V. Subramaniampillai, Professor of Sky Yoga, Cuddalore, **Chief Guest** of the day, nicely demonstrated the practice of Kayakalpa Yoga for the participants. He made everybody to feel bio-magnetism residing in their own body and the participants learnt the benefit of Kayakalpa Yoga especially in boosting our immunity in the COVID situations. Later the participants were taught Kayakalpa Yoga Exercise, step by step by Prof M Srinivasan and Shri. Subramaniampillai, and also Books and participants certificate were issued excellent feedback has been given by research scholars.

Finally, all the members of the programme took pledge on 'VULAGA NALA VETPU'. The programme has been organized by ENVIS RP staff members successfully. The ENVIS RP staff members ensured that everyone is maintaining social distancing.

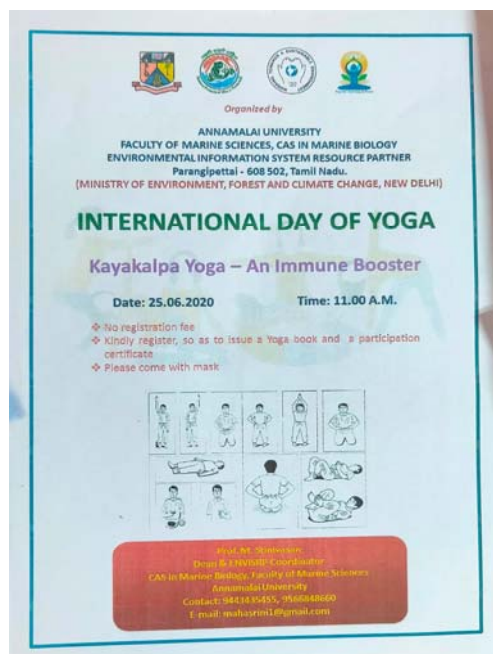


Fig.: International yoga day invitation



Fig.: Prof. M. Srinivasn, Dean and ENVIS Co-ordinator & Prof. V. Subramaniampillai, Chief Guest of the day, demonstrating 'Kayakalpa Yoga'



Fig.: Prof. M. Srinivasn, Dean and ENVIS Co-ordinator & Prof. V. Subramaniampillai, Chief Guest of the day, teaching 'Kayakalpa Yoga Exercise'



Fig.: Prof M Srinivasn, ENVIS Co-ordinator, demonstrating Yoga Exercise to the participants



Fig.: Prof. M. Srinivasn, Dean and ENVIS Co-ordinator & Prof. V. Subramaniampillai, Chief Guest issued to the Yoga day certificate to the participants