

Celebration of International Day of Yoga, 2017

As per the MHRD guidelines and Common Yoga Protocol issued by the Ministry of AYUSH, the Central Institute of Classical Tamil to celebrate International Day of Yoga, 2017 with full vigour which includes Yoga demonstrations, interesting lectures on Yoga, discussions, followed by a Seminar. The CICT has geared up to celebrate IDY, 2017 by organizing a pictorial exhibition, lectures, meditations among the staff, PDFs of CICT as a way of life.

Programme

Date: 20.06.2017

Time: 4.30-5.30 pm

Pranayama Techniques and Postures / Teaching and Demonstration

by Dr. Muhilai Raja Pandian (Registrar, CICT)

Venue: Seminar Hall, CICT.

Date: 21.06.2017

Time: 10.00 am

International Yoga Day-2017 Pictorial Exhibition of Yogic postures

Inauguration by Prof. P. Prakasam (Vice Chairperson, CICT)

Venue: Seminar Hall, CICT.

Date: 21.06.2017

Time: 11.30 am

Seminar and discussions

(Yoga in Digital age, Yoga a stress buster, Yoga a way of life)

by Dr. B. Rajasekar (Sivachariyar & Sanskrit Scholar)

Venue: Seminar Hall, CICT.