



AMRITA
VISHWA VIDYAPEETHAM



NATIONAL SERVICE SCHEME (NSS)

INTERNATIONAL DAY OF YOGA

Date:21.06.2025

Venue: Pandal

Subject: International Yoga Day: Yoga Practice Session for NSS Students

On the occasion of **International Day of Yoga**, a serene and rejuvenating morning yoga session was conducted on **June 21st, 2025**, at Amrita Vishwa Vidyapeetham, Coimbatore. The event was organized by Amrita Darshanam – International Centre for Spiritual Studies, in association with the National Service Scheme (NSS), with enthusiastic participation from NSS student volunteers.



The session began promptly at 6:15 AM with a soulful prayer, setting a calm, spiritual tone for the practice ahead. The prayer created a peaceful ambiance and helped centre the minds of all participants before entering the yoga session.



The yoga session was then led by **Mr. Senthil Kumar, assistant professor, Amrita Darshanam**. With his expert guidance, the volunteers were taken through a balanced and mindful sequence that included:

- Gentle warm-up exercises
- Basic yoga asanas (postures)
- Pranayama (breathing techniques)
- A short session of guided meditation

The session fostered physical vitality, mental clarity, and emotional calmness. The **NSS volunteers** performed with sincerity and focus, embodying the spirit of unity and self-discipline.



The event was honoured by the presence of:

- **Dr. Satish Menon, Campus Director**
- **Prof. Nava Subramaniam, Head, Amrita School of Business**
- **Prof. Mahadevan, Associate Dean of Student Affairs**
- **Dr. D. Venkatraman, NSS Program Coordinator**

These dignitaries not only attended but also actively participated in the session, encouraging the volunteers by example.



The session concluded with the **chanting of the Shanti Mantra**, creating an atmosphere of harmony and inner peace.



The observance of the **International Day of Yoga** at Amrita Vishwa Vidyapeetham, led by faculty from **Amrita Darshanam** and embraced by **NSS volunteers**, stood as a profound reminder of yoga's role in nurturing a healthy, conscious, and compassionate community.