

**CENTRAL SANSKRIT UNIVERSITY**  
**Guruvayoor Campus, Puranattukara**  
**Thrissur – Kerala**

22-06-2022

**Report of IDY-2022**

**Subject: campus activities for the celebration of 8<sup>th</sup> International Day of Yoga (IDY) on 21<sup>st</sup> June 2022 Reg.**

As per the guidance from the honorable V.C, we have celebrated the 8<sup>th</sup> International Day of Yoga (IDY) by focusing on Yoga as a Shastra. These are the yoga related activities which we conducted in our Campus.

- All the Staffs and students practiced the Common Yoga Protocol (CYP) practice which broadcasted through PMO India YouTube Channel. So, through a projector presentation all practiced the same at 06.40 am. Around 100 members participated in through offline from our Campus and the rest participated through online. After this, all attended the Zoom meeting of Agartala Campus, where the honorable V.C were attending and we all motivated with his Yoga Day message.
- All the staffs and students gathered at Yoga Hall and there we conducted a Meeting at 10.00 am where the Campus Director Prof. Lalit Kumar Sahoo made his presidential speech motivationally. Following to this Prof. K.K.Shine, Dept. of Education and Prof. Madhusudanan, Dept. of Nyaya communicated their Yoga day message. Then Prof. K.K Harshakumar, Dept. of Education, delivered a Special Lecture regarding the importance of Yoga in daily life.
- At Yoga Hall after the campus program, all the staffs and students witnessed the Special Lecture of Prof. Sridhar Dvivedi, eminent scholar of Yoga through the Google Meet link with the support of projector.
- After all these functions a hot ginger coffee and fruits were distributed to all campus members to promote the Satvik Food habit of Yoga.
- After Noon we conducted many competitions for students. Poster Competition on "Yoga as Science" at 03.00 pm, Yogasana Competition at 04.00 pm, Yogasutra Recitation Competition at 04.30 pm. Invited alumni Sri.Vaishak M, Yoga Therapist, Niramaya Hospitals, Thrissur, made the judgments to these competitions.

✓/1/ 22/06/22  
DIRECTOR  
(Prof. Lalit Kumar Sahoo)

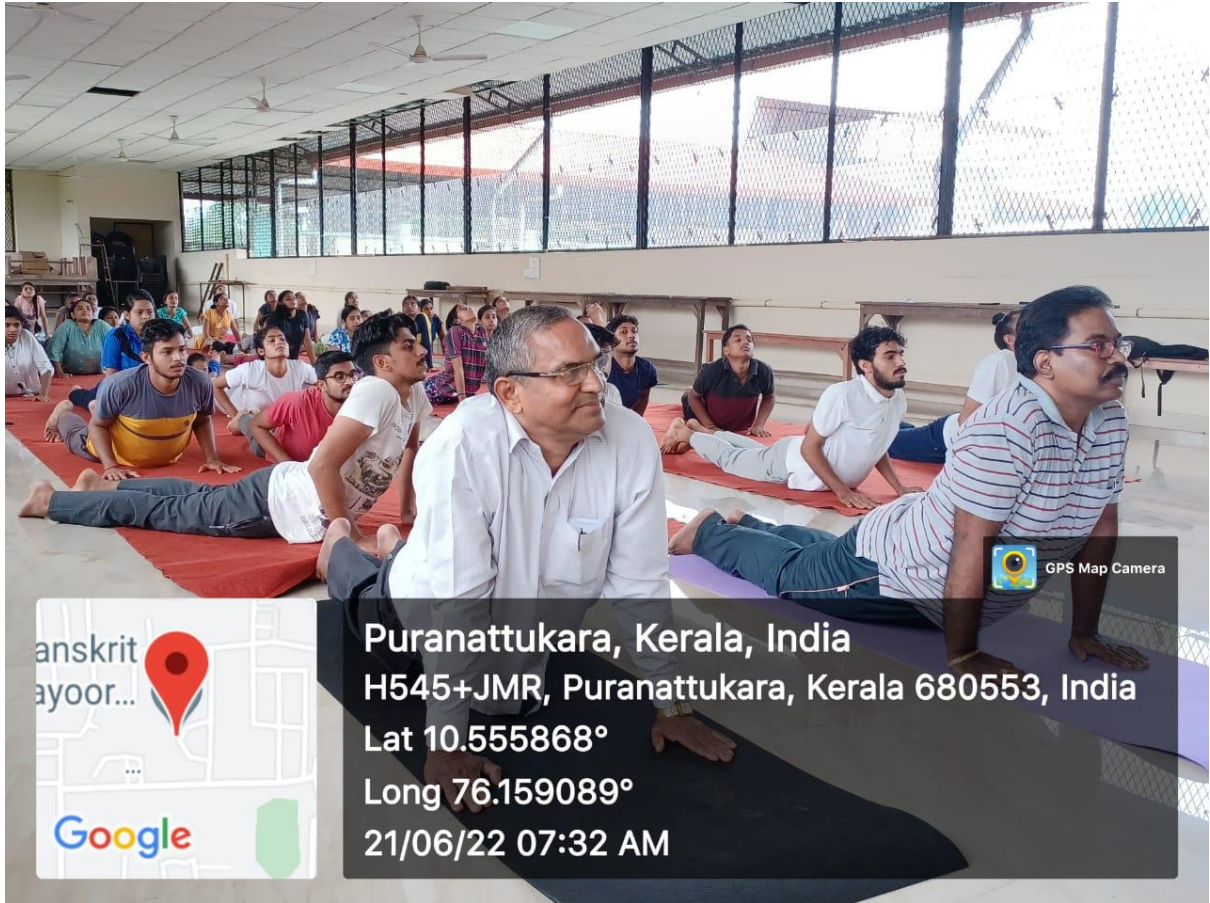
Copy to,  
IQAC File  
Office File – DYAS



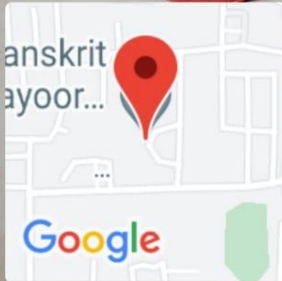








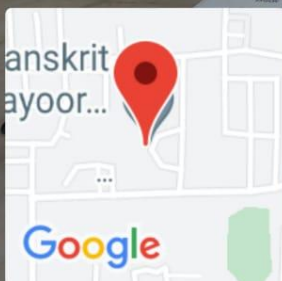
GPS Map Camera



Puranattukara, Kerala, India  
H545+JMR, Puranattukara, Kerala 680553, India  
Lat 10.555868°  
Long 76.159089°  
21/06/22 07:32 AM



GPS Map Camera



Puranattukara, Kerala, India  
H545+JMR, Puranattukara, Kerala 680553, India  
Lat 10.555846°  
Long 76.159042°  
21/06/22 06:56 AM