



THE GANDHIGRAM RURAL INSTITUTE

(Deemed to be University) Ministry of Education, Government of India Gandhigram 624 302, Dindigul District, Tamil Nadu.

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Government of India.

INVITES ALL TO

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100 DAYS - 100 CITIES - 100 ORGANISATIONS COUNTDOWN TO INTERNATIONAL DAY OF YOGA 2025



THURSDAY

@ 7.00 AM

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2025

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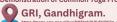
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Demonstration of Common Yoga Protocol







YOGA UTSAV

COUNTDOWN TO INTERNATIONAL DAY OF YOGA -2025

100 DAYS - 100 CITIES - 100 ORGANISATIONS

16 days to go 21 June

ORGANIZED BY

Centre for Physical Education and Yoga Centre
THE GANDHIGRAM RURAL INSTITUTE

(Deemed to be University)

Ministry of Education, Government of India Gandhigram 624 302, Dindigul District, Tamil Nadu.



Professor Dr. N. Panchanatham

Vice-Chancellor GRI, Gandhigram. will preside



Ministry of AYUSH, Government of India









Thursday at 10.00 AM 05 June 2025



GRI Gandhigram

Key Insights

Yoga Theraphy

Felicitation by

Yoga Entrepreneurship

Components of Pranayama

Guest Speakers



Dr.A.M.MOORTHY

Former Vice-Chancellor Tamilnadu Physical Education and Sports University, Chennai.



Prof.Dr.R.ELANGOVAN

Member, Executive Council, Indian Yoga Association New Delhi



Dr.K.VENKATACHALAPATHY
Former Director
Centre for Yoga
Annamalai University

Chidambaram

Dr. L.RATHAKRISHNAN

Registrar in-charge GRI, Gandhigram.





Dr.K.S.NAKKEERAN
Dean, School of Social Sciences
GRI, Gandhigram.