



International Day of Yoga 2016

The International Day of Yoga was observed in the campus in colorful manner with the whole hearted support and participation of staff, students, National Service Scheme units and members of the Brahma Yoga Center, Vidya Academy of Science and Technology. The Common Yoga Protocol (CYP) of Ministry of Ayush, Government of India was followed in the event. About 300 participants exercised different yoga postures as the part of Institutional Yoga Practices (IYP). A demonstrative session on yoga was also held in connection with the programme. The achievers of state yoga championship were honored in the occasion. Sri. M S Mohanan and Smt. Dhanya took lead in the session. Dr.Sudha Balagopalan, Principal, Dr.V N Krishnachandran , Vice Principal and the Heads of Departments graced the occasion.