

International Day of Yoga

International Day of Yoga 2017 was celebrated on June 21st 2017 at Vinayaka Mission's College of Pharmacy Auditorium. Rotary club of Madras East and associated with ONGC organized a Mass Yoga demonstration class in the name of Yoga for Harmony & Peace. In this regard, Yoga Mistress Mrs. Padmapriya came from Maharishi Ravishankar Ji Yoga Ashramam. She trained our II.D.Pharm students about the various techniques & levels of Yoga and taught simple yoga workouts for students for daily practice. Mr. P. Senniappan, Asst. Professor, Dept. of Pharmacognosy, Vinayaka Mission's College of Pharmacy was coordinated this programme, Mr. R. Thangaduri, Physical Director was assisted him for grand success of the programme.







