

INTERNATIONAL DAY OF YOGA (IDY- 2020) REPORT 21st June, 2020

About International Day of Yoga:

On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature". The theme of this year International Day of Yoga is 'GharGhar me Yog' or "Yoga at home and yoga with family" which signifies the importance of staying at home and practice Yoga with family while observing social distancing. Staying at home would keep you away from contagious Corona virus and Yoga would help keep you and your family in good health.

(Ministry of Ayush)

Loyola College (Autonomous), Chennai – 600 034 organized the International Day of Yoga underlining the theme '*GharGhar me Yog*' prescribed by Ministry of Ayush on Sunday, 21st June, 2020. Faculty members of various clubs were encouraged to register as attendees using the Unique Institutional ID and the students using Teachers ID for the practicing/demonstrating yoga on the Ayush website under Loyola College registration ID number. Students of various clubs (NCC – Army, Navy & Airforce, NSS, Prolife, Sports, etc.,) were encouraged to register and take part in the International Day of Yoga. Almost 500+ enthusiastic students and their family members registered themselves in the Ayush website.



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On 21st June 2020, all the registered faculty members and the students enthusiastically practiced and demonstrated their yoga skills between 7:00 a.m. and 7:30 a.m. by staying at their home with their families. The event received an overwhelming response as faculty members of different clubs emerged as role models for students in their clubs. The students who took the exemplary approach of the NCC Officers, NSS Programme officers, Club Coordinators and staff members, performed / demonstrated Yoga at their home. Later they posted their yoga demonstration photographs in the social network platforms such as Facebook, Twitter, etc using the prescribed hashtag #CPY2020_LOYOLACOLLEGE.

As on 24th June 2020, 310 students and teacher attendees have registered through the Ayush Website which portrays the phenomenal participation of Loyola Family thereby contributing to Nation Building. The Ayush website also reflects that 159 students and teachers have supported this wonderful initiative of the Ministry of Ayush.

The Loyola College management applauds the efforts, enthusiasm and the spirit exhibited by all the students, family members and teacher attendees shown towards the holistic development of citizens and that of the Nation!



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PHOTO GALLERY

NCC ARMY_YOGA DAY



#CYP2020_LOYOLACOLLEGE #CYP2020_13TNBNNCC

21/06/2020



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NCC NAVY_YOGA DAY



#CYP2020_LOYOLACOLLEGE #CPY2020_1TN NAVAL NU

21/06/2020



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NCC AIRFORCE _YOGA DAY



#CYP2020_LOYOLA COLLEGE - 21/06/2020



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NATIONAL SERVICE SCHEME LOYOLA COLLEGE

NATIONAL SERVICE SCHEME LOYOLA COLLEGE CHENNAI

INTERNATIONAL YOGA DAY

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LOYOLA COLLEGE

CHENNAI





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NATIONAL SERVICE SCHEME LOYOLA COLLEGE



























NATIONAL SERVICE SCHEME LOYOLA COLLEGE CHENNAI

INTERNATIONAL YOGA DAY

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INTERNATIONAL YOGA DAY

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NATIONAL SERVICE SCHEME LOYOLA COLLEGE CHENNAI















INTERNATIONAL YOGA DAY

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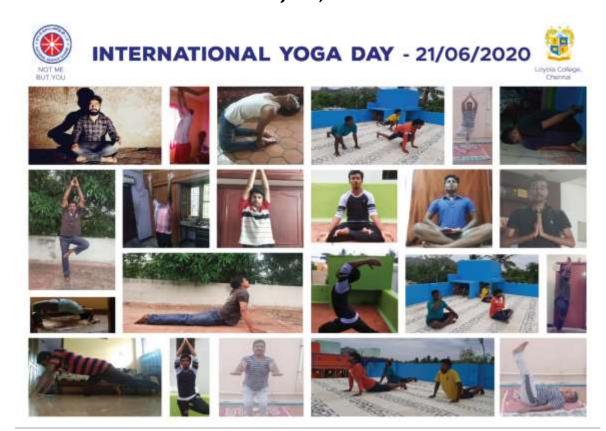




NATIONAL SERVICE SCHEME LOYOLA COLLEGE CHENNAL



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NATIONAL SERVICE SCHEME

LOYOLA COLLEGE

CHENNAI



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LOYOLA PROLIFE FORUM INTERNATIONAL YOGA DA





















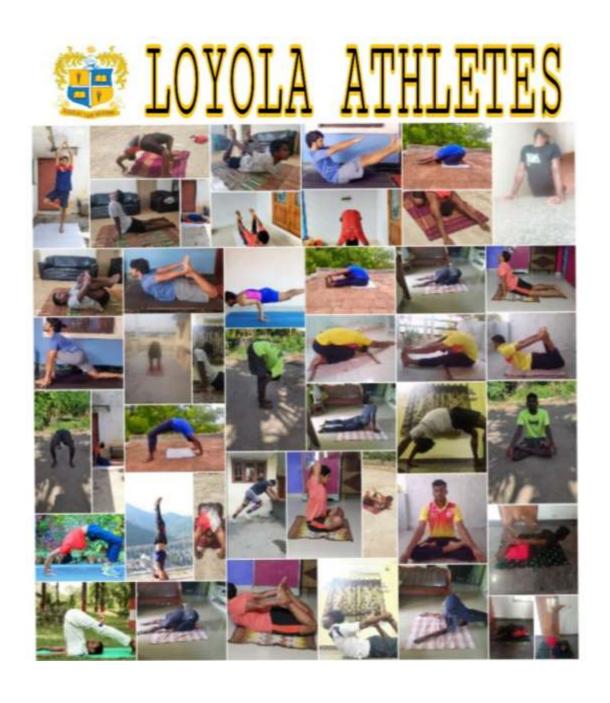








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ATTENDEES LIST

NCC ARMY:

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NELSON A	P200620134615805450HMJK01	7	
NINO X	P200620142125869288ILEE01	Name	Registration_ID
Navin.N	P200620145927821547JYXX01	A.Jayakumar	P200620145731076510MDYS01
Niraj	P200620142309600057UNNG01	A.jaya arul Oli	P200620132749480661GLMG01
Pradhyum k	P200620141839833481MZFW01	ALBIN ANTO P	P200620144909858555SIAU01
Praveen Kumar.A	P200620122927303218WCAG01	ANTO JEEN DHAS G	P200620140029178428XJWU01
R ARUL MANIKANDAN	P2006201304246543110TPQ01	ARUN.S	P200620125208524388NUYF01
R Carmel raja	P200620133733976060WQZQ01	Abdul Rahman	P200620121636191135GVXK01
S.DHAYADHARSHAN	P200620133917450099ZELQ01	Aravindhan.R	P200620145445050088KSKH01
S.Parthasarathy	P200621150059420361NWKF01	BERJIN DHAS	P200620140020413111HHOT01
S.S.Subhavenkadesh	P200620121109563863WNDR01	DHILIP BENHAR M	P200620122210257710BNLA01
S.SIVAKUMAR	P200620130449251409V0RC01	DILLIGANESH.B	P200621060143415716BCZT01
SIMPSON J	P200620125443085384PEXK01	Edwin dass A	P200620133456405749KDSZ01
Sai Anirudh Karthikeyar	P200620132724363258PDHT01	Elanithi kumar	P200620144824753654JANQ01
Saravanan, K	P200620132446021039SBTI01	G.LOKESH	P200620131843124580MNDU0
Sharad Guru Mishra	P200620133932934351FM0001	G.Lloyds leo castrov	P200620123004287236UECK01
Shobanraj.h	P200621054342218781GZBP01	Hariharan V	P200620121323416592KSUW01
Sucindran	P200620125412585688QXUJ01	Heminmon. AS	P200620140959049325AIRP01
Sunanth	P200620120351576968QASV01	J WILLIAM PRADEEP	P200620121926590282LRVL01
Suniel ps	P200620162817043249GAAA01	JJ ASWIN	P200620123431675280CKMY01
V. Sureshkrishna	P200620123503699636DJPR01	JOHNTY RODES L	P200620135045505948PRIE01
VARA PRASAD S	P200620132549876305MYG001	Jason Bennis	P2006201221472272450NIZ01
Varun	P200620130655055320ZYHY01	Jason Sam Vedaraj S	P200620155754715719ZBQZ01
agnes clinton c	P200620142115854028TODI01	Jatin Jain	P200620133347796388BDZQ01
arul jose ranjith . y	P200620132025121029WGXY01	Kathiresan. V	P200620143815025194GLZQ01
		Kotteswar S	P200620135647893065VYHZ01
Unique Registration ID		Lokesh g	P2006201357518089000IVQ01
		M Rajaa Ram	P200620125349070285UECH01
		M.Badri Narayana	P2006201132511798860MPU01
T200620104610238373NXGX01		M.Nithesh Kumawat	P200621070515752456SCMF01
1233023131313		M.SAI KUMAR	P200620124017640638BDR001
Email		Madhav Sagar	P200620133857012818QHNH01
		Maimouliss S V	P200621070258468311KVWP01
		Manoj prabhakar. K	P2006210250382243790PYG01
captainsimon@loyolacollege.edu		N moorthy	P200621170527336770UTJK01



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NCC NAVY:

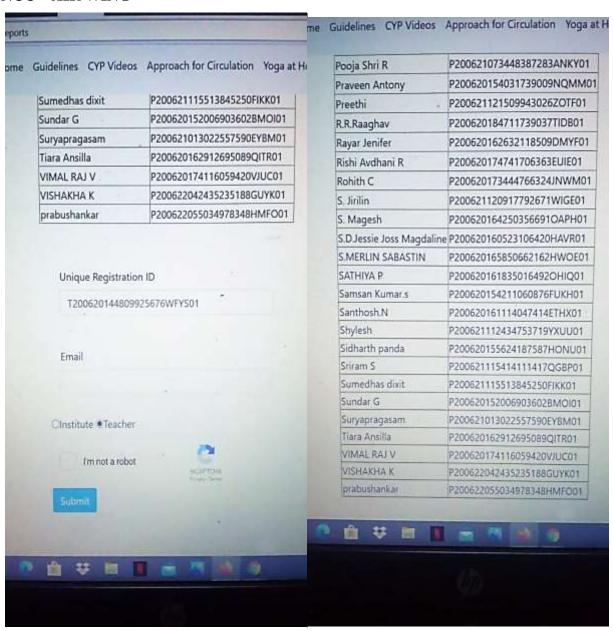


Unique Registra	tion ID	
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NCC - AIR WING





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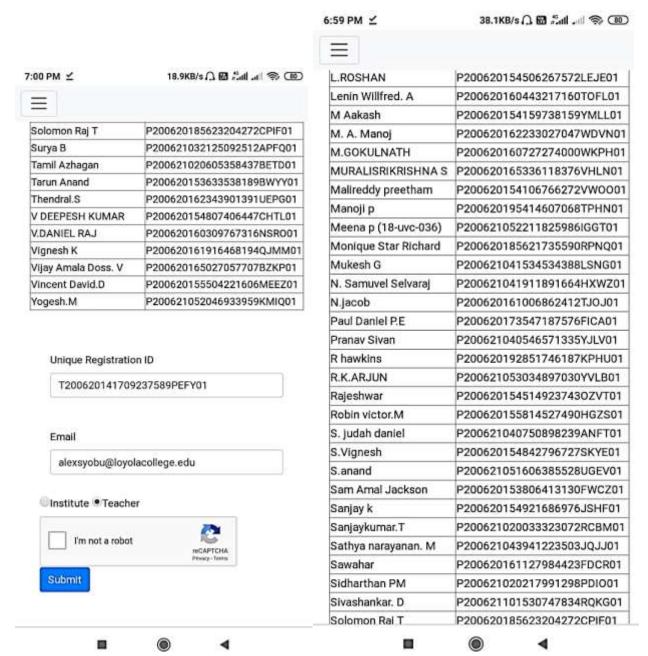
NCC – AIR WING

JOHN VALAN TONY A	P200620172538174087CDBV01		
Jade	P200620162832554815ZFRW01		
Jebin	P200620163622776438AKGN01	Name	Registration_ID
Jude Paul Dhanaraj S	P200620152406342304HPAT01	A BRANISH	P200620153738506316DHIS01
K Johnson	P200621125813753497APDO01		P200620154916093272XIDF01
K Prasanna	P200621125417123418XYHS01	ALAN MAXWELL P	
K.W. Joanson	P200620170316204934NLVA01	ANBARASAN T	P200620164006003070GAQA0
Kalanithi maran	P200620164011001164DQTH01	Abi Chris P F	P200620153018413699NRXC01
Kaviraj K	P200621003856758224SQAX01	Abith Raj R S	P200620171746057469DCSO0
Kavitha R	P200620174045559700WCQB01	Antony M	P200620165732069217VXHV01
Krishna.A.S	P200621155540072385GLOA01	Arun nachiya	P200621042519044332XHNV0
MG	P200620174244308558WOLK01	BOSCO THOMAS	P200620164244984062USKH01
M Vijay Krishna	P200621130308852682LBUN01	Biswanjit Thaosen	P200620160201988381MFWY0
Madhu.G	P200620170440014560NTDI01	Dhevaakaran	P200620171219467368KVGI01
Micheal Renith J	P200621015716907970VGLO01	Dhoni	P200621121148288739QJDJ01
Mithun	P200620155046701777WALG01	Divin Liferan J	P200620173837764072MBBS0
Muruhan S	P200621120924542457FXKX01	E Arunprasath	P200620160241163607BFZK01
NANDHA KISHORE B	P200620155558860361UOWM01	E. BRITTOVALAN	P200620164320671231PYFL01
Naveen Antony Raj	P200620154136483994GRCQ01	G.aswin	P200620184009650175UQOT0
Nithin G	P200621024346228399RVCE01	Ganapathy	P200621120807388874ZWHN0
PRATHAPA VENKATA	D200C204FF02F7504F0	Geno Nishanth S T	P200620163713502911QVJE01
RAVIEKANTH	P200620155925759469GYJI01	George Joseph Stephen	P200620161657327178DQLB01
Pooja Shri R	P200621073448387283ANKY01	5	120042010103132111004200
Praveen Antony	P200620154031739009NQMM01	Guru prashant	P200620173210019911HMHE0
Preethi	P200621121509943026ZOTF01	Hosanna	P200620175148865796AUHD0
R.R. Respiraty	P200620184711739037TID801	J Ramarao	P200621130035369744GNMM
自平局		JOHN VALAN TONY A	P200620172538174087CDBV01



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NATIONAL SERVICES SCHEME (NSS):





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NATIONAL SERVICES SCHEME (NSS):





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PROLIFE FORUM:

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Andrew Alves	P2006201538505522320RD001
B Jude Brighton Issac	P2006211536534038710SFC01
Blessing Godson.S	P200620145529736006ASBK01
DEEPAK.J	P200620153954721894QYPQ01
Gopinath L	P200620144641707430GPTY01
Gurmukh chhabria	P200621050713466478VZCJ01
Harish	P200620160024382400LPOK01
Jim Reeves God Frey [P200620150605854628VQVU01
Lokesh.A	P200620153503966288MMVC01
M.Evelin Vinoliya	P200620151302536223CUKT01
Madhukeshwar.S	P200620143933227589MQYN01
Pranesh R	P200621050712997732VJHH01
R.YOGESHWARAN	P200620144859312040FYMV01
Ranjani S	P200620145539938796WTOK01
Ruben Christopher	P200620154831282114SVFD01
SRINIVAS C.B	P200621043717240492MAHZ01
SUMANTH Y	P200620144041305049EZQH01
Saiteja G	P200620152320193836MAJA01
Shaju Rajan P	P200620144940045000RBBF01
Shanthossh Raj T R	P200620143637494882CSHD01
Surya Barathi K P	P200620151814455073BNDH01
Susaiprince. C	P200620162538783114CVZG01
V.R.Raymond Jai	P200620154153733385CDQN01
Vairavan	P200620144615192740EPCM01
X. DOMINIC ANTONY	P200620144410053030CLFC01
Yeshwanth j p	P200620170123021384THMB01
Yeswanth. R	P200620151108375415VMWS01



INTERNATIONAL DAY OF YOGA (IDY- 2020) REPORT 21st June, 2020

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Name	Registration_ID	
A.Aalbin Richard	P200620153218643937YEOA01	
ALFRED SAM JOES P	P200620165500211313RBDU01	
Aakash S	P200621045647238136VZJY01	
Arafath M	P200620141011932155JIMD01	
Bharath	P200620143221612192KZJY01	
CHANDRU.M	P200620163009647628IKFW01	
Chris Manlin	P200620145606765975MPZQ0	
Guhan Rajan	P200620161727358145CHTZ01	
Harshavardhan	P200620162324725235SNGR01	
Jona Stephen K	P200620144252694394UWEJ01	
Joseph Clarin Flemin	P200620145459237105BLYK01	
Jyothir Soorya.D	P200621061946800111PMCM0	
Mark M Sebastian	P200620162657545991LFLI01	
Mithun Aravind	P200620140518263118RMHX0	
Mohammed shafeeq	P200620164824371412TBYS01	
N.Abdulrahim	P200620170420562077UWSF0	
Prithiviraj.k	P200620152428170214UINU01	
RAMANATHAN S	P200621021053989049BDDC01	
Raghavendra Ravikumar	P200620150034866089BBUF01	
Rohit Parakh	P200620144549599858FVEQ01	
S Deepak	P200620170009086412AEXY01	
S Nitiish	P200620145819451033UGMA0	
S krishna kumar	P200620163827318988RKPZ01	
S.shyam sundar	P200620172006138727RBJE01	
SATHISH.J	P200620143002748735RSUN01	

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SIVARAMAKRISHNAN. H	P200620153504242156BLKD01
Santhosh kumar G	P200620141717706021ADYP01
Senthamarai Kannan	P200620153156447122RPGK01
Sivasabhapathy Rajasekaran	P200620152557922713SCNF01
Sriram G	P200620162417401038ASSP01
Thennarasu v b	P200620164029891620HPIL01
Trilok Nag H	P200620150219511226HXY001
VASANTH V.S	P200620151045844936CLZQ01
VIVEKANAND VELMURUGAN M V	P2006201408480423410DRE01
Vimalraj jayachandran	P200620162633196624VBEN01
santhosh kumar	P200620145648201906MVVI01
sivadharan	P200620140514091291CICL01

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