



ANNAMALAI UNIVERSITY

[A State University – Accredited With "A+" Grade by NAAC]

CENTRE FOR YOGA STUDIES

[25 years of Excellence in Yoga Education]

SILVER JUBILEE YEAR – [1998 – 2023]



CIRCULAR

Sub: CYS – Two Days Workshop for **University Students** – Reg.

Ref: Permission letter from The Registrar dated 10.01.2025.

-:-

As part of **silver jubilee celebration** of Centre for Yoga Studies [25 years of Excellence in Yoga Education], the Centre for Yoga Studies is planning to organize Two Days Workshop only for students of Annamalai University under the theme "**Mat to Meal : Crafting a balanced Life through Yoga and Nutrition**" to raise awareness of the comprehensive benefits of yoga and diet such as the integration of body, mind and spirit, promoting a balanced and harmonious life.

Date : 24th and 25th February 2025 (Monday & Tuesday)

Time : 9.45 A.M - 1.00 P.M and 2.00 P.M – 5.15 P.M

Venue : Centre for Yoga Studies, Annamalai University

Those who are interested can register their names early. The seats are limited and it will be filled on first come first served basis. The annual membership fee of Rs.100/- per head may be collected and utilize the services of Hatha Yoga Programme for one year and **No Registration Fees for the workshop**. For further details please contact the Co-Organizing Secretary (+91 94864 21888) between 9.45 a.m. and 5.45 p.m. on all working days.

Encl.: Registration form

Dr. P. Karthikeyan
Director [i/c], Centre for Yoga Studies

Dr.P.KARTHIKEYAN, Ph.D.,
Professor,
Department of Physical Education
Annamalai University
Chidambaram - 608 002.

Copy to:

1. All Advisory Committee Members – Silver jubilee Celebration
2. All Deans
3. All Head of the Departments, A.U (To circulate among all students under their control)
4. The P.S. to Vice-Chancellor Convener Committee member
5. The P.A. to Registrar
6. PRM, Annamalai University
7. The Warden – All Hostels [For Circular]
8. The Director, Annamalai Innovation Centre
9. File



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TWO DAYS WORKSHOP ON
“MAT TO MEAL : CRAFTING A BALANCED LIFE THROUGH YOGA AND
NUTRITION [24.02.25 & 25.02.25]

REGISTRATION FORM

NAME	:	
ROLL NO	:	
PROGRAMME	:	
DEPARTMENT	:	
FACULTY	:	
MOBILE NO	:	
MOBILE NO [WHATSAPP]	:	
EMAIL	:	
COMMUNICATION ADDRESS	:	
SIGNATURE	:	

“Action speaks louder than words”

For Office Use :

Hatha Yoga fee Payment Details	Date of Payment: Receipt No :
Verified by	

Director, CYS