

5th International Day of Yoga celebrated at Raj Bhavan

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being.

On December 11, 2014, the 193 member United Nations General Assembly passed the resolution to observe 21st June every year as “International Day of Yoga”.

The Day was observed at Raj Bhavan with the Hon'ble Governor of Tamil Nadu, Thiru. Banwarilal Purohit performing Yoga from 7.00 A.M to 8.00 A.M along with other participants who ranged from students from Madras University, Anna University, Sports University and Medical University, Central Reserve Police Personnel, State Police Personnel and employees of the Raj Bhavan. The Yogic asanas performed included Pada-Hastasana, Ardha Cakrasana, Trikonasana, Bhadrasana, Bhujangasana, Salabhasana, Makarasana, Pavanamuktasana, etc.

These asanas are beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health, the management of diabetes, respiratory disorder, hypertension, hypotension and other lifestyle - related disorders. They also help to reduce depression, fatigue, anxiety disorder and stress.

The participants also performed breathing exercises like Kapalabhati, Pranayama which were taught by trained yoga experts. Kapalabhati purifies the frontal air sinuses and helps to overcome cough disorders. The main purpose of pranayama is to purify the principle channels of carrying energy called nadis and this nourishes the whole body. Participants were seen to be exchanging notes on how this session on yoga and meditation helped to release stress and tension.

The participants were benefitted by the experience and expressed their strong resolve to continue performing yoga, day after day in their homes.

Raj Bhavan, Chennai-22

SD/-

Date:21.06.2019

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