Yoga workshop at V L B
Janakiammal College

DC CORRESPONDENT
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Yoga is a way of life for people who strive to have a healthy mind in a healthy body, said Dr. Vasudev, dean of quality assurance cell at V.L.B. Janakiammal College of Arts and Science. The college, along with Isha Yoga, presented a yoga workshop titled ‘interactive yoga workshop’.

Mr. N. Suryakumar, chairman of the college, said yoga plays a major role in balancing the equilibrium between mind, body and soul. He said meditation and breathing exercises help combat organizational and family stress.

The event presented yoga experimental sessions including asanas, pranayama and meditation formulas. Isha Yoga instructor Monahar talked about the benefits of yoga for leading a joyful life.

“The true spirit of yoga revolves around uplifting the life force or ‘kundalini’ at the base of the spine. It strives to accomplish this through a series of mental and physical exercises. Several yoga postures or asanas strive to keep the body healthy,” he said.

Students of V.L.B. Janakiammal College of Arts and Science celebrated International Yoga Day on Friday. — DC

Now, mid-air yoga at 35,000 ft

New Delhi, June 19:
Budget carrier SpiceJet has teamed up with Isha Foundation of Sadhguru to conduct mid-air yoga sessions on some of its Boeing flights on Sunday.

SpiceJet crew and the Isha Foundation instructors will perform Upa Yoga at a height of 35,000 feet on June 21, the International Yoga Day.

According to the airline, approximately 50 dedicated Isha instructors and SpiceJet crew members, who have been specially trained to perform Upa Yoga, will undertake a 10-minute session onboard select Boeing flights across the SpiceJet network.

Passengers onboard the flights will be encouraged to take part in the yoga exercises while seated.

“SpiceJet is pleased to be the first airline in the world to demonstrate yoga onboard. We are happy to be associated with the Prime Minister (Narendra Modi’s) initiative in promoting yoga in India. We are pleased to join hands with Isha Foundation for this initiative aimed at our customers who are on the move,” SpiceJet’s chairman and managing director Ajay Singh said.

In addition to the inflight activities, several hundred Isha Foundation volunteers will perform a simple form of yoga, namaskar mudra, at SpiceJet check-in counters and boarding gates at select airports, the airline said. “The significance of yoga is that once you learn the practices, you do not need anyone’s help, a special place or any equipment. It can be done wherever you are,” Sadhguru said. The programme has been exclusively sketched for Boeing flights bound for destinations exceeding 110 minutes, SpiceJet said, adding, it intends to carry out such initiatives in the future as well. — PTI