COIMBATORE MOVES IT LIKE MODI

From flash mobs to painting the city walls and from programmes in every locality to mass yoga, a slew of events were lined up to mark the International Yoga Day in the city. Even the rain clouds could not dampen the spirit of the people. People from various walks of life took part in these programmes, most of which were organised at 7 am.

More than 1,000 students from various schools and colleges participated in a mass yoga programme jointly organised by National Cadet Corps and the Sports Development Authority Of Tamil Nadu (SDAT) at 7 am at Nehru stadium. In another such mass yoga programme conducted by Art of Living at Race Course, nearly 1,000 residents took part. Ninety-five-year-old V Nanammal also demonstrated a few asanas to the public.

Every college marked the yoga day by conducting a programme for all the students and faculty. “Institutes such as Sugarcane Breeding Institute also conducted yoga programmes for its employees,” said an instructor from Integral Yoga, Kumarakudi College of Technology along with district home guards organised a mass yoga programme for faculty students and home guards personnel where more than 1,000 students participated. In Government College of Arts and Science, Lt Dr Benazir, of 5 (TN) Girls Battalion of National Cadet Corps organised a yoga programme for women from all walks of life. “More than 2,018 participated in the event keeping aside their profession. Several college and school students also participated in the event,” said Benazir. On PSG Sarvajana School grounds, more than 1,000 participants could be seen taking a shot at yoga.

Employees of north Coimbatore railway station marked the day by practising yoga on their office premises. Arun Foundation, an NGO, conducted yoga programmes at Singanallur area and also painted the walls located near the north Coimbatore railway station. “Various yoga asanas were painted on the walls,” said S. Latha, managing trustee, Arun Foundation. The southern railways organised a yoga workshop for nearly 600 employees at Podanur signal and also conducted a tele-communication workshop.

The district home guards also organised yoga programmes for police force and home guard personnel in the city. One particular group also conducted a yoga programme for people from the corporation shelter home at R. S Puram.

Volunteers of Jala Yoga performed flash mobs in four locations starting from 3.15 pm. They took people by surprise in Fun Republic Mall, Brookefield mall, railway station and VOC grounds with their moves that had several asanas incorporated in its choreography. Apart from that they also conducted free yoga programmes that continue in various IT and business organisations till June 30.

Residents of various colonies such as GV Residency near Sowriyapalayam also conducted yoga programmes. “Along with yoga, people from different walks of life took part in mass yoga programmes organised by the National Cadet Corps, Sports Development Authority and other organisations.

IT’S YOGA TIME FOR DEFENCE STAFF

Udhagamandalam International Yoga Day was observed in schools, Defence Services Staff College (DSSC) and Madras Regimental Centre (MRC) in Wellington. Over 2,000 military personnel and civilian defence staff of the Wellington Cantonment practised yoga in the morning. From 6 a.m., the busy morning more than 1,000 officers from India and international armed forces participated in the event held in an indoor stadium.

The commandant of DSSC, Lt Gen S K Goddeek, AVSM, enumerated the benefits of yoga, which has been practised in India for more than 5,000 years. He declared the DSSC would inspire officers and staff to practise the ancient discipline.

Highlighting the importance of yoga, the station commandant stated, the Army has been practising yoga for a very long time and it is a part of the physical fitness curriculum every week.

ONCE MORE FOR THE FLASH MOB

When nearly 100 students changed the lyrics of the famous ‘laughter’ song into ‘why this yoga-ver’, the station master and other railway officials were so impressed that after the flash mob they called back the students, who had almost reached their next location of performance, and asked them to perform once more for the railway passengers. Using various asanas as steps, the children mesmerised the crowd and created awareness about yoga and its benefits.

RAIN DID NOT DETER THE YOGA ENTHUSIASTS

While people just got ready to get into ‘bhujangasana’ (cobra pose), dark clouds approached and threatened to kill the spirit of yoga enthusiasts at the Nehru Stadium and at Race Course. But they did not move even for a second from their positions and continued to do the asana. “It was overwhelming to see how even though there were intermittent drizzles, the participants continued to follow instructions,” said Stanley P Mathew, districts sports officer.