City goes gaga over yoga

Yoga through e-learning introduced for students

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Schools, colleges, policemen, politicians and medical staff geared up to celebrate the second international yoga day in the city. The events started from 4 am.

At Avinashilingam Institute for Home Science and Higher Education for Women, Vice Chancellor Dr. Premavathi Vijayan spoke of yoga is important for physical health, mental health, spiritual values, realization of one's responsibilities, preventing stress, diseases and depression.

Patanjali, the father of yoga did not think of yoga for women in olden days. He would have thought that day-to-day activities and walking by women was more than enough to lead a healthy life, but with different lifestyles, we need to do yoga and meditation daily to lead a healthy life.

Yoga through e-learning was also introduced to benefit 900 students. The NSS team of the university has conducted yoga camps in 103 villages of Karamadai, Thondamuthur, Periyamaikkan Palayam.

On the day, various competitions like essay writing in Tamil and English, slogan writing and poster making were also conducted for students, teaching and non teaching staff. Certificates and medals were given to the winners. Students also demonstrated various asanas under yoga instructor Dr Lakshmi.

At Kalaigarn Karunanidhi Institute of Technology, the theme this year was 'Connect the youth'. Lt. Col. Joseph Antony, commanding officer, 600 NCC cadets of 4 (TN) battalion NCC (both boys and girls) from various schools and colleges across Tamil Nadu, 50 army personnel, 2 army officers, college faculty participated.

A yoga training camp was organized at the Air Force Administrative College. The camp was conducted by Isha Yoga Foundation. A total of 130 personnel participated in the camp. A similar camp was also organized on the premises of the Air Force School.