Kovai stands up to Int’l Yoga Day call

EXPRESS NEWS SERVICE
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The city saw many yoga workshops and classes organised by different organisations to mark the second International Yoga Day on Tuesday. Educational institutions and yoga centres organised yoga sessions all over the city. From a child-instructor to a marathon yoga attempt, the city saw it all. A round-up.

Isha Foundation organised ‘upas’ yoga sessions in different places of the city including Air Force Administrative College and Air Force school. The events were attended by nearly 150 doctors from Ganga hospital, students from over 80 government and private schools.

A 12-year-old kid R Bhadresh from Isha Vidhya school was one of the youngest among 21 students, who were teaching upa yoga, asanas and naadi shuddhi to visitors in Isha yoga center. “We have been living in the ashram for the past three years. During vacation he learns yoga from the teachers. He was always interested in yoga. I always tell him we should learn good things and should be helpful to others and now he is doing that,” said C Raja, father of the boy.

“I love doing yoga every day because I feel like I am always healthy, calm and composed when I do it. I started doing yoga seeing my dad,” said Bhadresh. He was glad to be teaching on Tuesday. “I feel really happy when I see elders following what I do and I feel confident,” he added.

Longest Yoga Marathon bid

A 45-year-old yoga teacher from Udumalpet, V Gunasekaran attempted a new Guinness world record for the Longest Yoga Marathon (Male) at Pollachi. His attempt commenced on June 18 and culminated on International Yoga Day. He performed over 15,000 asanas for 69 hours and was allowed to take a break of five minutes every hour and could eat only fruits during that time.

According to Guinness norms, no posture can be repeated in the same hour. Gunasekaran managed to perform 240 kinds of asanas repeated in three-hour cycles. Over four days, close to 5,000 people watched him attempt the record. A Guinness record for a yoga marathon of 48 hours was already set in Nepal.

However, Gunasekaran, who had been practising yoga for the past 15 years, already rehearsed his attempt four or five times and was confident of setting a new record. The attempt was overseen by 36 gazetted officers, witness officers and timekeepers. The yoga teacher said, “My attempt is to bring pride to the state and country and help in spreading awareness about yoga.”

Free yoga camp by KG Hospital

KG Hospital conducted a free yoga camp for pregnant women on international yoga day. Interestingly, the session involved many Muslim participants. J Periyar Selvi, a naturopathy and yoga consultant, taught the nearly 30 moms-to-be simple yoga techniques such as butterfly asana, forward bending, pranayama and exercises for loosening of joints. “Yoga helps in relaxing both mind and body, it removes stiffness of body and muscle. Breathing exercise is very important for both the mother and the foetus as the child requires sufficient oxygen,” she said. A participant K Jasna said, “I came for my regular check-up and yoga class. It is really useful and I learnt a lot of exercises.”

(Clockwise from left) School and college students performing yoga to mark the 2nd Internation Yoga Day at Coimbatore Government Arts College; pregnant women doing yoga organised by KG Hospital on Tuesday and Nurses performing yoga at CMCH on Tuesday | PRakash Chellamuthu & A Raja Chidambaram