5th International Yoga Day celebrations at ICMR-National Institute for Research in Tuberculosis, Chennai - 21st June, 2019

The 5th International Yoga Day was celebrated not with pomp and splendour but with dedication and devotion, marked by serenity and feeling of oneness - which is the meaning of Yoga, to raise awareness about the benefits of Yoga in daily life, balancing the body, soul and mind. Dr. G. Narendran welcomed the clinical and other department staff who had eagerly gathered to perform Yoga and perceive the changes that occurs real time, vividly demonstrated by the Yoga expert from Krishnamachari Yogamandiram therapist Mr. T.N. Venkatesan who took the practice to great heights with not only a clear and succinct explanation but also making the staff realise that simple manoeuvres can mobilise the soul to eternity. Some of the movements for muscle loosening that were performed were neck bending and rotation, trunk and shoulder movements and each of the staff were asked regarding the feedback and it was emphasized that they perceive the change during the demonstration occurring in their body.

It has been the practice to celebrate the International Yoga Day for the past 5 years and Dr. Mohan Natrajan, on behalf of the institution added that it was the Prime Minister’s cherished dream to conquer oneself and raise beyond caste, creed and religion. It was the practice of the soul which rises above these and concentrates on unity among diversity .He also explained the theme of Yoga for climate action.

Mr. Gopal then continued as a respectable teacher in his speech that had a fine blend of humour, poetry and science. There was again a separate demonstration of Manavalakalai Yoga group headed by Mr. Ramachandran and Mrs. Girijalakshmi that performed specialised yoga in front of a large audience. Some of the Asanas that they had performed were Vajrasana, Suryanamaskaram, Vrikshasana etc.

The volunteers who helped in organising the function, Dr. Vignesh, Dr. Keerthana and Dr. Dhanalakshmi, along with the entire clinic staff led by Mrs. Gunasundari, Photographic support by Mr. Murugesan and the arrangements done by caretaker Mr. Ravi and Mr. Loganathan along with the staff of the offices of the Director and HOD Clinic deserve~~s~~ special mention.

Mr. Gopakumar delivered the vote of thanks and the session concluded around 11.00 am.