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To  
The Editor,

Date: 22-6-2016

Sir,

I request that the following matter may kindly be published in your esteemed daily:

### **International Yoga Day Celebrated in TNAU**

International Yoga day was celebrated in Tamil Nadu Agricultural University (TNAU) on 21-6-2016 at 7.00 AM in TNAU Stadium. The day marked the peaceful beginning with yoga invocation song and meditation.

Sri. R. Pachiappan, President, World Community Service Centre, Coimbatore Zone offered the felicitation address in which he showered his appreciations on TNAU academicians for initiating yoga in the under graduate curriculum by knowing the importance. He said that students, who are the future pillars of Nation, will find the difference in their health states before and after joining in yoga course.

Sri. P. Haridass, Secretary and Joint Director, Extension, World Community Service Centre, Coimbatore Zone in his felicitation address remarked that India holds a legendary history in world culture by initiating the International Yoga day for which every India shall feel proud of students will become both physically and mentally strong by doing yoga. Not only on a curriculum, but they should practice it throughout their life.

Dr. K. Ramasamy, Vice-Chancellor, TNAU, Coimbatore in his presidential address remarked that yoga is doubly important for agricultural university volunteers. Since they have the prime responsibility of feeding the nation and should keep themselves fit always. Yoga is scientific and has been carried ones from time immemorial by Gurus and our ancient system of Gurukulam education though in on

improved manner still exist and practicing yoga will help the students to concentrate in their studies and advance in their career of choice. He said that Vedathri Maharishi has created simple form of yoga exercises and meditation which can be followed by all Raja yoga for people. There are different practices like Gnana yoga. There were demonstrations of standing, sitting postures and Asnas, TNAU and yoga world formations and eye exercises by the volunteers.

Mrs. Ramaa Rajendran, Yoga coordinator, TNAU welcomed the gathering. Ms. V. Gayathri, I.B.Tech (Bioinformatics), TNAU, proposed a formal vote of thanks. Dr. C.R. Anandakumar, Registrar, Dr. S. Mahimairaja, Dean (Agriculture), Physical Directors, Professor (Education), Warden, NSS Programme Officers and staff members participated.

Asst. Public Relations Officer