

## **INTERNATIONAL YOGA DAY 2019**

### **Resource persons: Sky Yoga**

On the occasion of International Yoga Day, a demonstration programme was organized at Tagore Dental College and Hospital in association with Sky Yoga – WCSC, Chromepet. 130 students of First Year, Second Year and C.R.R.I actively participated in the programme.

The programme started with a video briefing about the various Asanas and Mudras to get the students oriented towards the health benefits of Yoga. This was followed by a live demonstration of 6 asanas and 8 mudras by instructors and was performed by the students. These asanas were aimed at improving eyesight, concentration and memory power.

Yoga exercises to regulate breathing and strengthen the spinal cord and bone joints were demonstrated. All students were encouraged to perform these asanas under the expert supervision of instructors who also clarified any doubts or concerns that students had about the various asanas.

The programme also highlighted the benefits of Kayakalpa – how to slow down the ageing process and boost the immune system. The instructors concluded the programme with the Suryanamaskar and a prayer song.

The students found the programme to be very useful and all the students urged the need to conduct similar programmes in the future.