



Tamil Nadu Agricultural University
Coimbatore – 641 003

Dr. M. Jegadeesan, Ph.D.,
Assistant Public Relations Officer
Mobile: 94890 56730

Phone: 0422 - 6611302
Fax: 0422 – 2431821
E-mail: pro@tnau.ac.in

To
The Editor,

Date: 22-6-2015

Sir,

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

Yoga gives good physical and mental health-says yoga and naturopathy doctor

International yoga day was observed in TNAU on June 21, 2015. Dr. K. Venkateswari, Yoga & naturopathy doctor from JSS institute of yoga and naturopathy, Navakkarai, Coimbatore and students team held a practice session to 350 NSS volunteers on physical exercises, yogasanas in sitting, standing and lying positions, pranayama and sangalpa.

The 33minutes protocol followed throughout the country and world was planned and executed from 7am to 7:33am, In the special address followed by the yoga session, Dr. venkateswari briefed the volunteers on the importance of yoga for mind concentration and physical well being of the students. She told that stress can be combated with yoga and the condition of India becoming capital of ailments like Diabetes, cancer and heart problems can be reversed. She also explained the niyamas and dhyanas are given by yogi and rishi Padhanjali, the architect of modern yoga and also everyone should practice yoga and eat uncooked foods daily and refrain from speech at least one day in a week which will give energy required for the entire week. Our forefathers led a healthy life in harmony with nature which loses its glory due to the atrocities of human beings. We should live happily and let others to live, she added and compassion should be shown towards all creatures on earth.

Dr. M. Chandrasekaran, Director, Planning and Monitoring, TNAU, Coimbatore in his special address stressed the need for good physique and mind for execution of duties properly. Every Indian should be proud of the fact a practice given by our forefathers has

been agreed and UN has announced International yoga day and it is a people caring initiative of the government. He appreciated the TNAU NSS for arranging the yoga day program in a successful manner and they should continue practice yoga of daily for the betterment of life.

Dr. S .Mahimairaja, Dean (Agriculture), Dr. S. Mariappan, Dean (Horticulture), Dr. K. Kumutha, NSS Programme co-ordinator, Dr. R. Krishnan, Professor (Education), NSS programme officers, Directors of physical education, University Medical officer, staff advisor, Deputy Wardens, Security officer and staff members participated. Earlier Ms. R. Monica, NSS volunteer welcomed the gathering and Ms.G. Kanchana Devi rendered formal vote of thanks.

Asst. Public Relations Officer

