

International Yoga Day

Anna University Celebrates International Yoga Day

Chennai, June 21, 2024 – Anna University proudly celebrated International Yoga Day at the Vivekananda Auditorium with great enthusiasm and participation from over 300 individuals, including staff, scholars, students, NCC cadets, and school students. The event, organized by the Anna University Sports Board in collaboration with the NCC wing of Anna University, was graced by the esteemed Vice Chancellor, Prof. R. Velraj and Lt. Col. Ajay Balakrishnan, Commanding Officer 1 (TN) CTC, NCC.

The celebration highlighted the significance of yoga in promoting physical and mental well-being. In his address, Prof. Velraj emphasized the universal appeal and benefits of yoga, urging everyone to integrate it into their daily lives for a healthier lifestyle. The event featured various yoga sessions led by experienced instructors, offering participants a comprehensive understanding of different asanas and their benefits.

This year's celebration at Anna University not only showcased the importance of yoga but also fostered a sense of community and well-being among the participants. The event concluded with a pledge to continue practicing yoga for holistic health and harmony.







