

The PSG Institution along 2(TN) CTC NCC celebrated the International Day of Yoga on 21st June 2019 with the enthusiastic participation of Cadet, students, faculty and staff with the celebrations spreading from 10th June to 21st June, 2019. Preceding to the yoga day, the Institute has organized practice sessions on 19th, 20th, & 21st June 2019. On the first day, an expert Yoga teacher initially briefed about the essence of Yogic exercises on the health of individuals and thereafter, held a long practice session with demonstration of asanas. The Cadets, Faculty, Staff and Students enthusiastically participated during the practice sessions on all preceding days to acclimatize the body to Yogic exercises & Yoga. The participants were introduced to Yogasanas, Kapalbhathi, Pranayama, Dhyna, Sankalpa and Meditation, as per the common protocol issued by Ministry of Ayush, Govt. of India. Payers were recited before and after the programme. Practice of the same was continued on 20th June, 2017. On the day of International Yoga Day i.e. on 21st June, 2017, an enthralling practice session with demonstrations was held. The celebrations on Friday were started with prayer.



Honorable Group Commander Col.L.Chandrashekar Naidu addressed the gathering about yoga and benefits of practicing Yoga to individual in everyday life and highlighted the potential for customization to suit the individual. He shared his experience & wisdom about his decade's long Yoga practice. He, along with other participants, actively participated in the Event .Dr. K. Prakasan Principal In Charge PSG College of Technology, Dr.B.Giriraj Principal PSG Polytechnic College, a faculty Member invited on this occasion. Col.Col.L.Chandrashekar Naidu delivered an inspirational talk on "Towards Excellence" and enlightened the participants about scientific relevance and importance of Yoga in our life and explained how Yoga practiced perpetually benefits to reduce stress at work for a healthier body and mind.

.Saraswathy and Mrs.Tamilselvi, Yoga Instructor of vandanthir vidya mandir yoga school, Peelamedu and his team imparted the best Yoga training to all participants during the Event. The whole programme was organized by PSG TECH and PSG POLYTECH NCC Wing.

INTERNATIONAL YOGA DAY 2019 GLIMPSES



Totally 72 cadet for PSG College of Technology, PSG Polytechnic college and PSG Public have taken part in 5th International Yoga Day 2019.

For each cadets morning Breakfast was provided with 1Idly, 1Uthappam, 1Vadai, a cup of Milk to refresh them.

