



दक्षिण रेलवे/Southern Railway
चेन्नै मंडल/Chennai Division

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प्रेस विज्ञप्ति /PRESS RELEASE

CHENNAI DIVISION OBSERVES 7TH INTERNATIONAL YOGA DAY

Chennai Division of Southern Railway observed the 7th International Yoga Day – 2021 by conducting yoga programme at various locations which includes Railway stations, Offices, RPF barracks, Health Units, Scouts and Guides camp offices of Chennai Division on 21.06.2021. This year 2021, the international yoga day is being celebrated all over Indian Railways with the thematic message “Be with Yoga. Be at Home”

The Yoga sessions were conducted through well trained Yoga teachers. The Yoga instructors gave a brief explanation of Yoga and Asanas and demonstrated the way to perform the yoga and asanas. During the yoga session, signs and benefits of yoga was demonstrated to the participants of various departments viz., Traffic, Operating, Electrical, Commercial, RPF and Scouts/Guides.

At Katpadi District Scout Camp office, Egmore railway station and RPF barrack at Chengalpattu, participants gathered in large number and took part in the yoga session duly following the social distance norms. Special yoga sessions were organized for Health and sanitary workers at Chennai Egmore, Tambaram and Nungambakkam Health Units.

Specially, this pandemic situation has brought many others who participated the session through online, through virtual means and performed the yoga and asana exercises.

The Asanas, yoga exercises and breathing techniques were very useful to all the participants and have indulged the spirit to practice Yoga daily for the betterment of oneself in maintaining good health.

Sd/-

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