

THIRU. R.N.RAVI, HON'BLE GOVERNOR OF TAMIL NADU
PRESIDED OVER THE 10TH INTERNATIONAL YOGA DAY
CELEBRATION AT TAMIL NADU AGRICULTURAL UNIVERSITY,
COIMBATORE ON (21.06.2024)

Hon'ble Governor Thiru. R. N. Ravi, along with yoga enthusiasts, especially youth from universities, colleges, and schools, participated in the 10th International Yoga Day Celebration at the Tamil Nadu Agriculture University, Coimbatore, at University Stadium, Tamil Nadu Agricultural University, Coimbatore today (21.06.2024). Over one thousand youths from some 50 institutions participated in the celebrations. Yoga experts and practitioners with their mesmerizing and inspiring various performances of forms of yogic asanaas captivated the gathering.

Later, Hon'ble Governor Thiru. R. N. Ravi contributed to Hon'ble Prime Minister Thiru. Narendra Modi's '**Ek Ped Maa Ke Naam**' tree plantation campaign by planting Rudraksha saplings at the Tamil Nadu Agriculture University Campus.

In his presidential address to the yoga participants at the event, Hon'ble Governor recalled that the greatest proponents of Yoga, Thirumoolar and Patanjali, were from the sacred land of Tamil Nadu. He said Yoga is a timeless gift of India to the humanity. From individual wellbeing to collective wellbeing, Yoga takes care of comprehensive wellbeing *i.e.* physically, intellectually and spiritually. Elaborating further about different types of Yoga, he mentioned about Thirumoolar's Ashtang Yoga.

Under the visionary leadership of Hon'ble Prime Minister Thiru. Narendra Modi, this proud heritage of Bharat is now embraced globally, transcending national, ideological, and religious boundaries. Last year, more than 240 million people worldwide participated, showcasing Yoga's truly global presence and acceptance. While highlighting the new

avenues of tools, technologies and apps, he urged people, especially the young energetic youth to explore and work on the new dimensions of Yoga entrepreneurship, and let this light of Yoga, spread to the world. For a healthy country, its citizens need to be healthy, and Yoga is the way forward, he added.

During the massive participation and overwhelming enthusiasm thrown by the yoga enthusiasts at this grand event, various yoga practices by the eminent yoga instructors, yoga gurus, students of Isha Samskriti and Aerial yoga by the students of Sri Sai Guru Yoga were performed at the event. Advanced Asanas for raising awareness on benefits of Yoga on women health– were performance by Miss. K. Samyuhtha, class 10th Student from GRG School, Coimbatore and Mr. M. Karthi, covering the five aspects of fitness those are strength, flexibility, cardiovascular endurance, agility and coordination towards healthy and harmonious life were also elaborated by the yoga experts.

On this occasion, Dr. V. Geethalakshmi, Vice-Chancellor, Tamil Nadu Agricultural University (TNAU), Dr. Tamilventhan, Registrar, TNAU, Dr. N. Venkatesa Palanisamy, Dean, Agriculture, TNAU, Dr. N. Maragatham, Dean, Student Welfare, TNAU, dignitaries, yoga enthusiasts across the State, students from the universities, colleges, schools, officials were also participated.

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