

Loyola College (Autonomous)
Chennai – 600 034

International Yoga Day - June 21, 2019

Dr. Venkatesan, Bachelor of Naturopathy & yoga Science from Anna Siddha Hospital presided over the International Yoga Day celebration and conducted yoga demonstration for 383 JD cadets of 8 Chennai city schools which are attached to 1 TN Naval NCC Unit, Madras B group, Tamil Nadu. On 21st June 2019, morning 06 50 h all nominated JD cadets were present with their corresponding ANOs at the Loyola College Main Cricket ground. Exactly by 07 00 h yoga demonstration started and all the required sequences were conducted systematically upto 08 00 h. All the JD cadets were enthusiastic and willingly did asanas. Later the invited Yoga instructor was felicitated with Towel, memento and remuneration. And cadets are served with breakfast.