

Second International Yoga Day Celebrated at V.O.Chidambaranar Port

V.O.Chidambaranar Port Trust celebrated the '2nd International Yoga Day' at the Port premises with great fervor on 21.06.2016.

Shri S. Anantha Chandra Bose, Chairman, V.O.Chidambaranar Port Trust, inaugurated the yoga session at the Multi-Purpose Hall to mark the International Event. Shri S. Anantha Chandra Bose, Chairman, in his special address, appealed to the gathering at large that yoga needs to be integrated into one's daily life. The huge gathering performed various Asanas like Pranayama, Padmasana, Dhanurasana, Vajrasana and other basic Asanas under the supervision of Shri G. Mahaboob Batcha, and Dr. Vibitha, Yoga instructor.

The event was attend by Shri S. Anantha Chandra Bose, Chairman, Shri S. Natarajan, Deputy Chairman of V.O. Chidambaranar Port Trust, Guest of honor Shri P. Muruganandam, Secretary, Tuticorin District Yoga Association, Senior functionaries and staff of the Port, Port School children and Jawans from CISF.

Shri S. Anantha Chandra Bose, Chairman, V.O.Chidmabaranar Port Trust distributed the prizes to the winners of Yoga competition held among Employees of the Port, Yoga Club of the Port, Port School children and members of Bharathi Nagar welfare club. Participation certificates were distributed to all the participants of the Yoga Day celebration.

The above details were released in the Press Release by V.O. Chidambaranar Port Trust.

