

Press Release

International Yoga Day Celebrated

As part of International Yoga day, Chennai Metro Rail Limited commenced the celebrations with its first yoga session at Central Metro Station at 6:30 am today (20-06-2019). The Yoga Sessions are being conducted in association with Suthaveli Sabhai, a Pollachi based Yoga Institution.

A total of 50 and above enthusiastic participants participated in this morning yoga session. The Yoga camp is being conducted from 20th June 2019 (Thursday) to 23rd June 2019 (Sunday).

Then Chennai Metro Rail Limited conducted its second yoga session at Saidapet Metro Station at 5.30 pm today (20-06-2019). A total of 75 and above enthusiastic participants participated in this evening yoga session.

This simplified yoga camp has been designed for all age groups between 8 years and 80 years old senior citizens to practice easily. A.N. Dhanasekaran, 41 years experienced Yoga Master will be conducting these camps at eight metro stations.

Yoga helps to keep fit and prevent depression, diabetes, heart diseases and other ailments. A life with good immunity, peace, and happiness can also be achieved by Yoga.

This yoga session is open for all age groups. Chennai Metro Rail Limited invites public with their families to participate, learn and explore a contented life

This camp will be conducted in two sessions; the morning session will be at 6.30 am and the evening session will be at 5.30 p.m

Yoga Camp will be conducted at the following Chennai Metro Rail Stations namely

21.06.2019 Tirumangalam, Egmore
22.06.2019 Mannadi, St.Thomas Mount
23.06.2019 Vadapalani, Ashok Nagar

**Chennai Metro Rail Makes Travel Easy
Yoga Practice Makes Life Healthy!**

All are invited!