

International Yoga Day-2015

Date: 21.06.2015

Venue: CARE, Kelambakkam

Theme: Health Benefit

Summary: International Yoga Day was celebrated at CHRI on 21.06.2015. Dr. Shiv Bhushan Sharma, Professor, Department of Physiology, CHRI delivered a lecture on "Principles of Yoga" creating awareness among NSS volunteers about the different aspects of yoga in everyday life. Dr. Naveen G H, Assistant Professor in Health & Yoga Therapy, FAHS, CHRI enlightened the NSS volunteers by his speech on "Evidence based Health benefits of Yoga Therapy". The awareness programme was followed by a session on training of yoga.

