

Press Release

International Yoga Day Celebrated

As a part of International Yoga day, Chennai Metro Rail Limited commenced the celebrations with its first session at Alandur Metro station at 6: 30 am today (21-06-2018). 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 yoga session in the morning. The Yoga camp is being conducted from 21st June 2018 (Thursday) to 24th June 2018 (Sunday).

This camp will be conducted in two sessions; the morning session will be at 6.30 am and the evening session will be at 6.00 p.m.

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, 40 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

Morning 6:30 onwards
Evening 6:00 pm onwards

Yoga Camp is being conducted at the following Chennai Metro Rail Stations namely

21.06.2018 Egmore
22.06.2018 Saidapet, AG- DMS
23.06.2018 Vadapalani, Anna Nagar Tower
24.06.2018 Tirumangalam, Shenoy Nagar

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

All are invited!