

# **Celebration of International Day of Yoga on behalf of Dhanalakshmi**

## **Srinivasan Group of Institutions**

The Ninth International Day of Yoga was celebrated on 21<sup>st</sup> June by the Dhanalakshmi Srinivasan Group of Institutions. Shri A. Srinivasan, Hon'ble Chancellor of Dhanalakshmi Srinivasan University, presided over the event and participated in yoga training with the students. During his speech, he expressed his delight in taking part in this special Yoga Day ceremony. He emphasized that yoga is a valuable gift passed down by our ancestors to the people of the world. Regular practice of yoga not only strengthens our bodies but also purifies our souls. He emphasized the importance of maintaining good health, stating that "a life without disease is wealth without loss." Recognizing the value of our bodies and organs, which are worth billions, he encouraged everyone to take care of their physical and spiritual well-being, reminding them that they are all millionaires. He added that nothing in life is permanent, and positions, money, fame, and power are all subject to change with time. Therefore, cultivating a peaceful and calm mindset, free from fear and anxiety, is crucial. Yoga plays a vital role in achieving this, as it provides meaning and purpose to our lives.

Shri Srinivasan advised the students to embrace the natural law of change and let go of negative habits such as competition, jealousy, arrogance, and self-pride. Instead, he urged them to cultivate daily acts of love, affection, compassion, and kindness to lead happy and fulfilling lives. Regular practice of yoga and meditation brings peace and tranquility to both the body and mind, creating an environment where love, affection, and mercy can thrive.

During the ceremony, Mr. Krishnakumar, the instructor from the Ariyalur Yoga Center, taught the students the art of yoga. Dr. Umadevi Pongia, Principal of Dhanalakshmi Srinivasan Arts and Science College for Women, delivered the welcome address, while Dr. Elangovan, Principal of Dhanalakshmi Srinivasan Engineering College, expressed gratitude in the vote of thanks. The Principals, Vice Principals, Deans, Professors, Staff, and 1000 Students of the Dhanalakshmi Srinivasan Group of Institutions actively participated in the event.



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