

Report on the celebrations of 3rd International Day of Yoga at CSIR-Structural Engineering Research Centre, Chennai

The 3rd International Day of Yoga was celebrated at CSIR-Structural Engineering Research Centre (CSIR-SERC) and CSIR Madras Complex (CMC), Taramani, on 21 June 2017.

Inaugurating the event, Prof. Santosh Kapuria, Director, CSIR-SERC and Coordinating Director, CMC, recalled the declaration of 21st June as International Day of Yoga by the United Nations during December 2014. Highlighting that Yoga is a unique contribution of India to the world, he emphasized on the significance of yoga in achieving physical and mental well-being. He also pointed out that practicing yoga in a simple way on an everyday basis could generate lot of positive energy, which will benefit not only the individual but also the organization.

Coinciding with the theme of 3rd International Yoga Day - *Yoga for Health*, a 30 minute session on *Introduction to Heartfulness Meditation System of Yoga* was conducted. Stressing the need for practicing yoga regularly, Shri M. Manickam, retired Assistant Commissioner, Cabinet Secretariat, Govt. of Tamil Nadu, led the practice session on heartfulness meditation of yoga. A short video on heartfulness meditation system of yoga was also shown to the participants. Around 100 staff members from both CSIR-SERC and CMC participated in the event.