

International Yoga Day Celebrations at AVG, Anaikatti



United Nations General Assembly has declared June 21 as International Yoga Day. This was done after the address of Indian Prime Minister Sri Narendra Modi to UN General Assembly on Sep 27, 2014 where he presented the greatness of yoga.

International Yoga Day was celebrated at AVG, Anaikatti on June 21, 2015. Swami Sadatmananda and Swami Sankarananda participated. Patanjali Yoga Sutra book was kept as the altar of worship. SmtFalguniHarikisandas taught Suryanamaskar. Sri Sujeet and Smt Devi taught yoga asanas. The students participated in the celebrations and did all the exercises with zeal and enthusiasm.

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