

## ALAGAPPA UNIVERSITY

(Reaccredited with 'A' Grade by NAAC)

### KARAIKUDI

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Date: 02.05.2017

#### Incredible Achievement in Yoga



A 22-year-old visually impaired P. Kumaresan of Thanjavur performed 180 Yogasanas within an hour to the astonishment and admiration of the audience.

In an Awareness Programme about the “Value of Yoga in Daily Life”, organized jointly by the Yoga Centre of Alagappa University,

Karaikudi and Mahayogam Foundation, Kancheepuram on 1.5.2017 at Umayal Stadium of Alagappa University College of Physical Education, the physically challenged Kumaresan created a national record, in the presence of the Coordinators Mr. Venkatesan and Mr. Ravichandran of CECRI, Karaikudi, for inclusion in “Indian Book of Records”.



In continuation of this remarkable feat, the special school children of the Department of Special Education and Rehabilitation Science of Alagappa University, performed yogasanas taught by Mahayogam Foundation.

“Zenskar Demo” -- a self-defence art -- was also demonstrated by the members of Maharishi Foundation on this occasion. They also performed a 20-minute yoga demonstration, which could be easily performed by the young and the old.



Inaugurated by Rishi Dr. K.P. Dhayanidhi of Maha Yogam Foundation, the Vice-Chancellor of Alagappa University Dr. S. Subbiah delivered the Presidential Address, in which he stated that the “One and Only Solution for Perfection” is practising yoga. He congratulated the yoga master who gave intensive training to the visually impaired Kumaresan who could create a record at the national level. He added that everyone in a family should practice yoga for leading a tension-free life. He stated that the word yoga meant “integration of the body and the mind”. He added that the people who have learnt the art of yoga could remain calm and patient in all kinds of situations. The practice of yoga will lead to ethical life.

Rishi Dr. K.P. Dhayanidhi of Mahamaharishi Foundation, in his felicitation, emphatically stated that homeopathy medicine and proper and continuous practice of yoga would lead to a very healthy and happy life.

Rishi Ramesh Jayaraman, Chief Rishi, Mahayogam, Dr. M. Salim and Dr. K. Mariappan of Karaikudi, offered felicitations.

Dr. S. Saroja, Coordinator, Centre for Yoga Education, made arrangements for this mega event. Earlier, the World Yoga Champion Ms. K.P. Ranjana, welcomed the gathering and the function was rounded off with the vote of thanks proposed by Mr. M. Chidambaram, Headmaster, Chidambaram Chettiar Higher Secondary School, Karaikudi.

Prof. V. Balachandran

Registrar i/c.