

## **International day of yoga (IDY)-2022 celebrations at Chennai Airport**

Chennai Airport, 21.06.2022: Practicing yoga is all about integrating all aspects of the individual - body with mind and mind with soul to achieve a happy and balanced life. Aligning with the ideal, AAI Chennai Airport celebrated International day of yoga (IDY)-2022 with day long activities and sessions in terminal which caught the eye of passengers and public alike.

Thiru I. Karunanithi, Hon'ble MLA, Pallavaram and Thiru Dha. Velu, Hon'ble MLA, Mylapore lighted the traditional lamp kick starting the International Yoga Day 2022 celebrations at Chennai Airport. Nearly 300 staff of airport participated in the yoga session arranged in front of T-4 terminal at 0700 hrs. The riveting yoga session gave the participants, a majority of them housekeeping janitors a refreshingly new perspective towards maintaining wellness.

Chennai Airport also teamed up with Indiatourism chennai to conduct day long yoga demonstration in domestic terminal, on ways and methods of cure through yoga. Dr. Sharad Kumar, Airport Director inaugurated the event in the presence of officials from AAI and India Tourism. Passengers also actively took part in the day long demonstrations which was about healing the ailments through practicing appropriate yoga postures.

### **Smile store kiosk at airport**

'Smile Store' kiosk by Rajasthan Cosmo Club foundation was launched at Chennai Airport today to collect gently-used

clothes which are then refurbished and distributed to the needy. Thiru I. Karunanithi, Hon'ble MLA, Pallavaram and Thiru Dha. Velu, Hon'ble MLA, Mylapore inaugurated the kiosk in august presence of Dr. Sharad Kumar, Airport Director; AAI officials, representatives from Rajasthan Cosmo Club Foundation and airport stakeholders. New clothes as family pack were also distributed to the 600 janitor workers of airport.

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