

# MANGALURU INTERNATIONAL AIRPORT

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## **Mangaluru International Airport observes 9th International Yoga Day**

Mangaluru: Mangaluru International Airport celebrated the 9th International Yoga Day (IYD) with gusto at the departure area of the new integrated terminal building on June 21. Over 75 stakeholders came together under the guidance of yoga instructors – Karthik Shetty and Kumar Shenoy in an early morning session dedicated to getting an insight into the world of yoga – a spiritual practice mentioned in ancient Indian scriptures – with yoga asanas and meditation.

While one of instructor guided the stakeholders on the various steps enunciated in the International Yoga Day protocol, the other co-instructor not only demonstrated the asanas and other activities, but also guided the stakeholders on how to make yoga a way of life. Stakeholders from airport security group of CISF, airport security, immigration, customs, and Airports Authority of India (AAI) performed the asanas with a complete sense of dedication.

The instructors among them presented a demonstration of relatively difficult *Skandasana* (half squat post), *Pincha Mayurasana* (feathered Peacock or forearm balance pose) as well as a demonstration of *Mayurasana* (peacock pose) and *Bakasana* (crane pose) with ease. *Shavasana* (resting and restorative pose), meditation with chanting of shanti mantra brought down the curtains on the hour-long curated yoga experience for all.

Mangaluru International Airport continues to strive to bring unique experiences to its teams and passengers through meaningful observance of such global and national events. Since 2015, International Yoga Day is observed on June 21 to spread awareness among the masses about the importance of yoga and its effects upon human health. The theme of this year's International Yoga Day is "*Yoga for Vasudhaiva Kutumbakam*".

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