

Press Release

SAI to host Yoga classes at its Stadia

New Delhi: 1st June 2016: An MOU was signed on 31.5.2016 between Sports Authority of India (SAI) and the Morarji Desai National Institute of Yoga (MDNIY), under which the latter will impart yoga training for sports persons at SAI Stadia in Delhi. The MDNIY will also conduct certificate courses in “Yogasna for health promotion” and “Pranayam and meditation for health promotion”. In addition, they will also conduct a foundation course in yoga training for wellness. The MOU, signed today at SAI HQ by Sh. S.S. Chhabra, Secretary, SAI and Dr. Ishwar V. Basavaraddi, Director, MDNIY in the presence of Sh. Injeti Srinivas, Director General, SAI. The MOU would enable SAI facilities to host yoga experts whereby professional inputs in various aspects of yoga can be provided to sports persons and public at large. Practice of yoga has benefited several national and international Athletes, and this new initiative is aimed at making yoga an essential part of the training curriculum of national and international Athletes. Above all, it will promote yoga as a Sport. The MDNIY will be starting its training and teaching activity at J.N. Stadium, I.G, Stadium, Dr. SPMSPC and MDCNS.

on Social Media:

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