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Yoga exponent, teacher Nanammal dies at 99

She was awarded the Padma Shri in 2018

SPECIAL CORRESPONDENT
COIMBATORE

Yoga exponent and Padma Shri recipient Nanammal died at her home here on Saturday. She was 99.

The yoga teacher, who had been bed ridden for almost a month following a fall, breathed her last around noon after family members helped her lie down.

Hailing from an agricultural family of Zamin Kaliapuram near Pollachi, Nanammal learnt yoga from her father at a very young age.

Nanammal had trained thousands of students over the years, and had groomed more than 600 yoga instructors, including 36 from her own family. Along with her son V. Balakrishnan, she had been running the Ozone Yoga Centre in the city's Ganapathy locality since 1971.

She was conferred the Padma Shri in 2018, which she said was a recognition of



File photo of President Ram Nath Kovind conferring Padma Shri to V. Nanammal in New Delhi.

her efforts to make people lead a healthy life.

The yoga practitioner is survived by five children, 12 grand children and 11 great grand children.

Subsequent to the fall, Nanammal had been on a liquid diet that included ten-

der coconut water and juices.

A recipient of 150 awards, six national level gold medals and the Yoga Ratna award of the government of Karnataka, she had steadfastly shunned all forms of allopathic medicine.