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### **Isha Yoga Center celebrates Pongal with fervour**

**16 January 2020, Coimbatore:** Local communities, overseas visitors and the general public came together to celebrate Pongal at the Isha Yoga Center's famed Adiyogi today. More than 20 types of native cattle breeds from Andhra Pradesh, Gujarat, Maharashtra and other states which are being reared at Isha's Mattu Mane (cattle house) were on display. The cattle stalls will be open to public till tomorrow.

The annual cattle exhibit raises awareness about the significance of native breeds which are diminishing at an alarming rate. Isha Mattu Mane houses more than 350 indigenous cattle breeds. On display today were breeds such as Kangayam, Ongol, Umbalacheri, Gir, Kongridge, Tharparkar, Rathi among many others.

Pongal, which marks the beginning of the harvest season is one of the most significant festivals for farmers and is celebrated at Isha with pomp and fervour annually. In keeping with annual tradition, tribal and rural communities, farmers, Isha volunteers and overseas visitors prepared Pongal in traditional mud pots. The Pongal prepared by the community and sugarcane were offered to the cattle. Farm animals are central to Pongal celebrations which include "Mattu Pongal", a day reserved for thanksgiving to animals responsible for a bountiful harvest.

Students of Isha Samskriti, Isha Home School and Isha Vidhya captivated the audience with their cultural performances.

The day ended with the spectacular Adiyogi Divya Darshanam, a light and sound projection mapping show that tells the story of the origins of Adiyogi, the First Yogi.

**If you would like to know more about this, please write to [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org).**