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CAMPUS | ADVENTURE | EVENT | CULTURE

MY CITY **htcity** 03

SOAKED IN YOGA



Festive spirit grips the young & the old across city

Thousands of people braved the heavy rains to take part in the third International Yoga Day held across the city on Wednesday. For the second consecutive year, it rained on yoga day in the city. But this did not dampen the spirit of the enthusiasts from performing yoga on the special day.

While the main function was held at Ramabai Ambedkar ground where Prime Minister Narendra Modi along with UP ministers took part in a yoga session. A number of sessions were also held in and around the city at various locations be it parks, educational institutions and offices. Army Public School, SP Marg and The Institute of Chartered Accountants of India conducted a drill to celebrate

International Yoga Day on their premises. The staff and students participated in the programme.

The workout was instructed by Pankaj Mishra, PGT (P Ed) under the directions of government of India, Ministry of Ayush. The drill started with a few warm up exercises followed by yogic asanas and pranayam. Addressing the students, Prerna Mitra, the principal of the school expressed her gratitude and congratulated the participants. Meanwhile, at the School of Management Sciences, Lucknow, a yoga session was held with much fanfare. Bharat Raj Singh, senior environmentalist and head of the Centre for Vedic Science said the tradition of practicing yoga dates back to

over 10,000 years. It finds its value in Rig Veda, Upanishads and many other scriptures. "Yoga has the power of healing up mental traumas and other body ailments." It leads to better concentration of mind and makes our body healthy and disease free by fighting bacterial infection and raising immunity in our body," said Singh.

The camp was attended by the faculty members, students and the office employees of the institute.

Christ Church College Lucknow too celebrated the importance of self peace and fitness by organising a yoga session for its students and staff members at the college auditorium. "The session was a great success as those who were present did realise the

importance of the this art form and have decided to continue with it regularly," said principal Rakesh Chatterjee.

Similarly, as a movement of well-being and healthy living, Amity University Lucknow Campus celebrated the International Yoga Day at its Lucknow campus where assistant sports officer, Kuldeep Singh lead the yoga practice.

Telenor India too held a session under the guidance of KC Narendran, circle business head - UP East.

To mark the global celebrations of IYD a 73-member delegation of City Montessori School performed yoga at the United Nations Organization Headquarters in New York. **HTC**