



Ebullience marks Yoga Day in city

PIONEER NEWS SERVICE ■
LUCKNOW

Various organisations in the city celebrated the International Yoga Day with a lot of enthusiasm and excitement.

Uttar Pradesh Committee PHD Chamber of Commerce and Industry organised a yoga and meditation session at their regional office at Lucknow under the supervision of expert yoga trainer Ritesh Kharbanda.

Prior to the session, Kharbanda briefed about the benefits one could get doing yoga on a daily basis. He also encouraged youths to make the best use of yoga as it fostered harmony to the body, mind and intellect.

During the session, Kharbanda introduced people to different asanas which if done on regular basis would help in reducing different problems like cervical, arthritis, blood pressure, joint pains etc.

The yoga session was attended by PHD members SMA Rizvi, Shishir Jindal, Vivek Shukla and Sharad Srivastava.

The scientists, officers and staff of the ICAR-Central Institute for Subtropical Horticulture actively participated in the yoga programme organised on Rehmankhera campus.

The function began with the chanting of Om. It was followed by Tadaasana, Vrikshaasana, Padmaasana and Mandookaasan. The Yoga Diwas programme continued with Kapalbhata and Anulom Vilom pranayam. All scientists, officers and staff participated in the one-hour programme. Assistant director Dhiraj Sharma led the participants and guided them about the do's and don'ts of yoga in the presence of director Shailendra Rajan.

Army Public School conducted a yoga workout in the school. The staff and students participated in the programme. The workout was led by Pankaj Mishra under the directions of



(From top) People practising yoga at Cantonment, NBRI and CDRI on the occasion of International Yoga Day

Ministry of Ayush.

A yoga camp was organised at School of Management Sciences. Senior environmentalist and head of the Centre for

Vedic Science Bharat Raj Singh, along with general manager, Cooperative Bank, RS Mishra, DGP (Retd) GN Sinha threw light on the importance of

yoga.

Regional Science City organised a special yoga camp from 5:30 am till 7:30 am. About 45 people attended the

yoga camp including staff members. Despite continuous rain, the enthusiasm of people was high and they participated in this yoga camp wholeheartedly.

Regional Science City also organised a written quiz and a popular science lecture based on yoga awareness for the benefit of students and general public. The popular science lecture was delivered by general secretary, UP Nature Cure Federation, Awadhesh Mishra.

The camp was conducted by coordinator of "The Art of Living Centre" Sakshi Gangwar.

Living up to its image of being a 'custodian of national heritage and traditions' apart from security, Central Command celebrated Yoga Day with a lot of enthusiasm. Army personnel participated in the main event at Rama Bai Ambedkar Sabha Sthal in which Prime Minister Narendra Modi and dignitaries from all walks of life were present. A large number of personnel led by senior officers performed yoga at AMC Centre and College and 11 Gorkha Rifles Regimental Centre. On the occasion, Cantonment wore a spruced up look and a new spring was apparent in steps of young and elderly alike. Families too participated actively.

CSIR-CDRI celebrated the day at its staff club "Suket". Senior resident surgeon, BRD Medical College, Deenanath Patel demonstrated various asanas as per the Ayush guidelines. The hall of staff club was teeming with yoga enthusiasts.

Cantt Board celebrated Yoga Day at Kasturba park in which about 60-70 staff had participated. A procession was taken out for spreading the awareness about yoga. There were about 100 participants in the procession. Later, lectures on yoga were delivered by Navita Jauhari of Yoga Kendra and members of Dhyana Foundation.