



the pioneer



RAANJHANA
IS SPECIAL:
SONAM
12 VIVACITY

www.dailypioneer.com

the pioneer

city 03

LUCKNOW | SATURDAY | JUNE 22, 2019

Enthusiasm marks Yoga Day

PIONEER NEWS SERVICE ■ LUCKNOW

International Yoga Day was celebrated amidst enthusiastic participation by people at government departments, parks and under the aegis of various organisations on Friday. District Magistrate Kaushal Raj Sharma said people performed yoga at eleven parks of the city. At Janeshwar Mishra Park, the participants were also informed about 'Beti Bachao, Beti Padhao' campaign as well as child rights.

District inspector of schools (DIOS) Mukesh Singh said Yoga Day was celebrated in all the schools. Over 500 students at Raj Bhawan and about 200 students in each park performed yoga.

At Lucknow University, the celebrations were led by Vice-Chancellor SP Singh while Birbal Sahni Institute of Palaeosciences (BSIP) witnessed a series of programmes starting with 'group yoga', slogan, poster and article writing competitions, along with a special lecture followed by a musical programme. Dinesh Kumar Maurya from Yoga and Naturopathy department of Vivekananda Polyclinic and Institute of Medical Sciences conducted a yoga awareness programme on the occasion. He said all types of illnesses could be cured with yoga.

A special yoga camp was organised at Karamat Husain Muslim Girls' PG College.

NSS students came up with debates on benefits of yoga and disadvantages if performed in a wrong way. This was followed by a 'nukkad natak' on the importance of yoga.

The day was also celebrated with enthusiasm across the seven states of Army's Central Command zone, wherein around 2,000 personnel of various formations and establishments along with their families performed yoga. In Lucknow Cantonment, under the aegis of Central Command Headquarters, yoga sessions were organised at 11 Gorkha Rifles Regimental Centre, Army Medical Corps Centre and



(Clockwise from top) International Yoga Day celebrations at School of Management Sciences, City Montessori School, Hyatt Regency, Bank of Baroda zonal office, and Lucknow Metro Rail Corporation; and Gyan Dairy distributing lassi and butter milk among Yoga Day participants at a park on Friday

College and Surya Khel Parisar.

Hyatt Regency also celebrated International Yoga Day on Friday. A large number of guests joined a team of CII-YI participants and performed yoga and later had healthy breakfast, especially prepared by chef Subhash Jana.

Lucknow Metro Rail Corporation staff performed yoga in the premises of Transport Nagar Depot while Uttar Pradesh State Road Transport Corporation also

organised Yoga Day celebrations. At Babasaheb Bhimrao Ambedkar University, over 400 students, staff and faculty participated in Yoga Day celebrations. Regional Science City organised a special yoga camp which was conducted by coordinator of Yog Mantra Institute Sanjana Sharma.

Yoga Day celebrations were also held at Research Designs and Standards Organisation, Uttar Pradesh Chapter of PHD Chamber of Commerce and

Industry, National Botanical Research Institute, SKD Academy, Bank of Baroda zonal office, and School of Management Sciences among various other organisations.

Meanwhile, an inter-school yoga meet was held at City Montessori School's Kanpur Road auditorium on Friday. The chief guest on the occasion was mayor Sanyukta Bhatia. Peethadhishwar of Sant Aasudaram Ashram Sant Sai Chandu Ramji, CMS founder

Jagdish Gandhi, and yoga trainer Ashok Kevlani besides principals of various campuses along with dignitaries and people performed yoga. A 66-member team of CMS students performed yoga at the United Nations Organization Headquarters. The delegation is on a special tour to USA.

Gyan Dairy distributed 'lassi' and butter milk among participants of Yoga Day celebrations at various spots across the city.