



Celebration of International Day of Yoga-2023

As a part of Azadi Ka Amrit Mahotsav, the 9th International Day of Yoga (IDY-2023) was celebrated on 21 June 2023 (Wednesday) at PRL Library Lawn.

The program was initiated by Shri. Pradeep Kumar Sharma, Convener, C-AKAM by giving a brief introduction of the Yoga instructors Ms. Priti Iyengar, Registered Yoga Teacher, and Mr. V Ranganathan, Yoga Practitioners for 35 years.

Prof. Anil Bhardwaj, Director, PRL welcomed the Yoga instructors by presenting them Tulsi plant pots. Prof. Lokesh Kumar Sahu, Chair, C-AKAM joined the felicitation.

Mr. V Ranganathan started a session by explaining the benefits of warm-up exercises prior to Yoga to make the body flexible for Yoga. Ms. Priti Iyengar performed the practical demonstration of warm-up exercises. Mr. V Ranganathan explained the types of yoga positions i.e. standing poses, sitting poses, and lying poses. Thereafter, Mrs. Priti Iyengar gave a step-wise practical demonstration of various Asanas like Tadasana, Pavanmuktasan, padmasana, vajrasana, etc. All the members practiced & performed sitting, standing, and lying poses asanas, the importance of these was explained simultaneously. Mrs. Priti Iyengar encouraged everyone to practice regular yoga to remain fit and improve concentration.

Post Yoga session, a Yoga competition under AKAM was organized, in which participants had to select a chit from the box and perform the asana mentioned in the chit. A total 30 number of participants participated in the said Competition.

Result of Yoga Competition conducted by C-AKAM on IDY (21-June-2023)

परिणाम Results	प्रतिभागियों के नाम Name of Participants
प्रथम First	श्री ए शिवम Mr. A Shivam
	श्री अंकित कुमार Mr. Ankit Kumar
द्वितीय Second	सुश्री मेघना सोनी Ms. Meghna Soni
	श्रीमती हर्षा परमार Mrs. Harsha Parmar
तृतीय Third	श्री शांतनु कुमार पांडा Mr. Santunu Kumar Panda
	श्रीमती संगीता वर्मा Mrs. Sangeeta Verma
प्रोत्साहन Consolation	श्रीमती चंद्रम्मा ए. Mrs. Chandramma A.
	श्री क्षितिज उपाध्याय Mr. Kshitiz Upadhyay



Glimpses of the event

