



## **Celebration of the International Day of Yoga**

The 8<sup>th</sup> International Day of Yoga (IDY-2022) was celebrated on 21 June 2022 (Tuesday) at PRL, Ahmedabad, Udaipur Solar Observatory (USO), and Mount Abu Observatory, Near Gurushikhar. The event was organized by the Committee for Azadi Ka Amrut Mahotsav (C-AKAM). The brief of PRL main campus activities is as follows:

The Yoga Day programme was organized at PRL Library Lawn. The programme started with an overview of International Day of Yoga by Shri. Pradeep Kumar Sharma, Convener, C-AKAM. Three Yoga instructors were invited for the demonstration and practice session. A brief introduction of the Yoga instructors, Mr. Gyan Acharya, Founder & CEO of Gyanish Yoga Foundation, Ms. Preeti Iyengar, Registered Yoga Teacher and Mr. V Ranganathan, Yoga Practitioners for 35 years was given by Dr. Lokesh Kumar Sahu, Chair, C-AKAM.

Before the demonstration, Mr. Gyan Acharya explained the meaning of Yog, its history from the ancient times and its importance in our life. Thereafter, the practice session was conducted by Mr. Gyan Acharya by delivering the instructions on doing various types of Asanas and explaining the benefit of each pose in the Asanas. Ms. Preeti Iyengar gave stepwise practical demo of each Asanas. Mr. V Ranganathan observed the participants and guided them on making the correct postures.

Dr. Anil Bhardwaj, Director, PRL welcomed and felicitated the Yoga instructors by presenting them a Tulsi plant pot.

Ms. Ishita Shah conveyed the Vote of Thanks. After the Yoga session, a Surya-Namaskar Competition under AKAM was organized. The competition was categorized into three groups. i.e. Below 16 years, 16 to 29 years and 30 & above. In this competition, total 3 sets of Surya-Namaskar were performed by the participants in 4 minutes with making the correct poses of Surya-Namaskar in each step. Total 30 number of participants participated in this competition.

The winners of the Surya-Namaskar Competition were awarded with Trophies by the Director, PRL.

*(The Surya-Namaskar competition on IDY-2022 was proposed by Atul Ashok Manke under AKAM)*

---



75  
आज़ादी का  
अमृत महोत्सव

प्लेटिनम जयंती  
1947 2022  
PLATINUM JUBILEE

*Glimpses of the event of PRL Main Campus, USO, and Mount Abu*

