

INTERNATIONAL YOGA DAY- 21ST JUNE 2016

International Yoga Day was organized by Lakshimibai National Institute of Physical, Gwalior in its Football Ground on 21.06.2016 at 6.30 to 7.30 am. 10000 (approx) people participated in the event. A stage was prepared at a convenient height in the Institute's Football Ground from which the yoga instructors demonstrated the various yogic postures and the participants followed the same.

Hon'ble Mrs. Maya Singh, Minister Women and Child Development, Govt. of Madhya Pradesh, was the Chief Guest for the function. In the beginning of the programme Vice Chancellor of the Institute welcomed the Chief Guest with bouquet along with District Collector and Superintendent of Police. Commissioner of Gwalior, I.G., Vice Chancellor, Shri Vivek Narayan Shejwalkar Gwalior Mayor, Shri Harinayaanchari Mishra Superintendent of Police, Shri Balendu Shukla, Bharat Singh Kushwah MLA and Shri Rakesh Singh Jadon President SADA were also present on the dais.

The organizers has announced that the further programme will be followed as per National Yoga Day programme. Simultaneously, Hon'ble Shri Narendra Singh Tomar, Union Cabinet Minister, GOI, arrived on the stage.

Two big LED screens were installed at the both the corner of the ground for the smooth functioning of the programme, on which various Yoga postured were displayed. A standard sound system was installed around the football ground.

At first all the dignitaries took their own position at the ground for Yoga postures and yoga prayed also started.

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संगच्छध्वं संवदध्वं
स वा मनांसि जानताम्
दवा भाग यथा पव
सज्जापापा उपासत

After this various Yoga postures started as per following protocol :

Neck Bending
Knee Movement
Tadasana
Padhasthsan
Ardhchakraasan
Trikonasan
Bhadrasan
Sanskhasan
Vakrasan
Makrasan
Bhujanasan
Salbhasan
Setubankasan
Pawanmuktasan
Swashan
Kapalbhati
Anulom Vilom
Bhramri
Dyan

In the end of the prgramme the prayer also conducted

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सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु मा कश्चिद दुःखभाग्भवेत्
शान्ति शान्ति शान्ति

Hon'ble Shri Narendra Singh Tomar, Union Cabinet Minister, GOI, distributed the prizes for the Yoga competitions that were organized prior to the programme for the occasion of International Yoga Day.

MALE CATEGORY

Rahul Kushwah	:	1 st Prize in Aasan
Eshu Prajapati	:	2 nd Prize in Aasan
Satya Prakash	:	3 rd Prize in Aasan

FEMALE CATEGORY

Kiran	:	1 st Prize in Aasan
Kanchan	:	2 nd Prize in Aasan
Kakoli	:	3 rd Prize in Aasan

At the end of the programme Hon'ble Vice Chancellors presented the memento to Mrs. Maya Singh, Minister Women and Child Development, Govt. of Madhya Pradesh.

Dr. Sanjay Goyal, District Collector also presented a memento to Hon'ble Shri Narendra Singh Tomar, Union Cabinet Minister, GOI.

Prof. S. Mukherjee, Prof. Vivek Pandey, Prof. A.S. Sajwan. Prof. V.K. Shrivastava, Prof. J.P. Verma Prof. Jayashree Acharya, , Dr. Indu Bora, Dr. J.P. Bhukar, Dr. K.K. Sahu, Dr. Amar Kumar, Dr. Nibu R. Krishna and others were also present during the programme.