

The Statesman

PEOPLE'S PARLIAMENT, ALWAYS IN SESSION

International Yoga Day celebrated across state

STATESMAN NEWS SERVICE
BHUBANESWAR, 21 JUNE:

Several institutions, CPSU's across Odisha celebrated International Yoga Day today.

At the ECoR here General Manager Vidya Bhushan instructed all officials to celebrate Yoga as per the protocols at their home.

Vidya Bhushan spoke on the need to keep oneself fit both physical and mental fitness and to practice yoga regularly for good health.

To mark the IDY 2021, East Coast Railway has made campaign in Social Media since more than a week and by putting Banners at different Walls and at Gates of Railway Establishments.

The MCL held IDY celebrations with miners prac-

ticing yogic asanas. Leading the celebrations were CMD P K Sinha along with OP Singh, Director (Technical/Operations), Mr KR Vasudevan, Director (Finance), Mr Keshav Rao, Director (Personnel) and others who did yoga at their respective residences.

INS Chilka, the premier Sailors Training establishment of the Indian Navy celebrated the Day using Namaste Yoga App and attended session held on virtual mode by the Morarji Desai National Institute of Yoga.

In order to achieve social distancing norms, personnel undertook Yoga sessions at their homes with their families, in the living blocks and the Parade ground.

At Paradip Port, deputy

chairman AK Bose led the celebrations in the presence of senior officers and S.K. Sethi, secretary of the Paradip Centre of Art of Living and Tapas Ranjan Pati, faculty of the Art of Living.

The one hour Yoga session held virtually has seen participation of 120 participants from PPT employees and their family members.

IIT Bhubaneswar which had organized a three day programme was addressed by Prof R V Raja Kumar, Director of the institute to highlight the benefits of yoga. It is the most

inexpensive and holistic healing method, he said. Swami Achalananda Giri, Secretary and Administrator for Prajnanamission joined the yoga session by online. Prof. R.V. Raja Kumar, Director, the stu-

dents, faculty, officers, staff and their family members actively participated in the event.

The Institute of Life Sciences Director Dr Ajay Parida claimed that it is scientifically proven that systematic asana practices, meditation, pranayam and mantras could provide a broad spectrum immune build up in the body. Mr Akhil Rana from SOA University in his special lecture titled "Be with Yoga. Be at Home", detailed out the relevance and importance of Yoga.

At JSPL, Angul, the Day was celebrated on virtual mode with Yoga Guru Swami Satyabindu Saraswati conducting a session. Chairman of JSPL Mr. Naveen Jindal also has greeted everyone

through various social platforms saying that Yoga has been an integral part of his life for more than two decades. Mr. Hridayeshwar Jha said, "Yoga is a boon for the society. Practicing Yoga has tremendous positive impact on our physical and mental wellbeing.

Rourkela Steel Plant (RSP) collective along with their family members joined the rest of the world in celebrating the IDY with employees being encouraged to practice yoga at their homes with family members. A demonstration of Common Yoga Drill was

organised at HRD Centre where the HRD collective took part. Talk shows were uploaded in Youtube by Rourkela Steel Television Centre.

