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## International Day of Yoga observed

OUR BUREAU

**Visakhapatnam:** The International Day of Yoga was observed here on Wednesday at all the educational institutions, government establishments and public sector units. Union Minister Piyush Goyal was present at a programme organised by the district administration at the Swarna Bharathi Indoor Stadium. While participating in yoga, the Minister said that practice of yoga would make people healthy. Collector Pravin Kumar and MP K Haribabu and all the officials from several departments were present. **GITAM University:** The third International Yoga Day was observed with much enthusiasm at GITAM University. GITAM School of Gandhian Studies in association with GITAM NCC and NSS wings and students from government schools and colleges participated in massive yoga program.

**ENC:** Naval personnel and families of Eastern Naval Command (ENC) took part in the programme. Chief of ENC Vice-Admiral HCS Bisht, joined the personnel of the command at yoga session at Naval Dockyard.

**HSL:** Hindustan Shipyard Limited has been conducting yoga classes for the benefit of its employees and their family members regularly. Considering the rise in the cases of various stress related health issues. With a view to spread more awareness amongst the employees, HSL organised yoga awareness session.



(Top) Union Minister Piyush Goyal practising yoga at the Swarnabhārathi Indoor stadium to mark the International Day of Yoga in Visakhapatnam on Wednesday

(Bottom) Naval personnel doing yoga on a warship

**Simhachalam temple:** Sri Varahalakshmi Nrusimha Swamy Devasthanam of Simhachalam organised a massive yoga session before the Galigopuram on the temple premises.

**RINL:** Visakhapatnam Steel

Plant joined the nation in observing the Yoga Day at Ukkunagaram. Kishore Chandra Das, the Director (Personnel), RINL, was the chief guest on the occasion. Das explained the relevance and essence of yoga and its benefits.