

Hindu

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City folk celebrate the day with gusto

STAFF REPORTER
VISAKHAPATNAM

With scores of health-conscious people assembling at various venues, the city came alive with International Yoga Day celebrations on Wednesday.

Focusing on the current year's theme 'yoga for health', Visakhapatnam Steel Plant celebrated the day with gusto. Director (Personnel) of RINL Kishore Chandra Das explained the immense benefits of the ancient practice that help align body, mind and soul.

At Rajiv Gandhi Indoor Stadium, employees of Visakhapatnam Port Trust assembled at 6 a.m. to take part in the programme that included lecture on the advantages of yoga followed by demonstration of asanas.

Dredging Corporation of India tied up with the Art of Living to mark the day. The local chapter of Life Again Foundation roped in some 200 students of Oxford English Medium School and guided them in performing asanas.

Led by Lt. Col. VS Srinivas of the Combined Annual Training Camp -I, about 1,500 NCC cadets gathered at Andhra University basketball ground to do yoga asanas.

Andhra Medical College organised a programme to celebrate the day. Principal P.V. Sudhakar presided

over the programme wherein over 100 students performed asanas.

The NSS and NCC units of St. Joseph's College for Women (Autonomous) observed the day by organising a programme. A number of asanas were performed by more than 100 students demonstrated by a yoga instructor Swathi. Principal Sister Shyji inaugurated the programme.

Gitam University in association with Gitam School of Gandhian Studies and the institution's NCC and NSS wings organised a programme that highlighted the significance of the year's theme -- yoga for peace and harmony.

Principal of Lendi Institute of Engineering and Technology V.V. Rama Reddy highlighted the benefits of yoga. Art of Living organised free 'yogdaan' sessions for naval employees, hospital staff and prisoners. Brahmakumaris took the lead in imparting lessons on yoga at Muralinagar Sports Association and ECoR's Srinivasa Kalyanamandapam.

Students of Visakha Valley School participated in celebrations.

The celebrations at Sri Sathya Sai Vidya Vihar included demonstration of asanas and launching of posters. Principal A. Kausalya, staff and students took part in the programme.