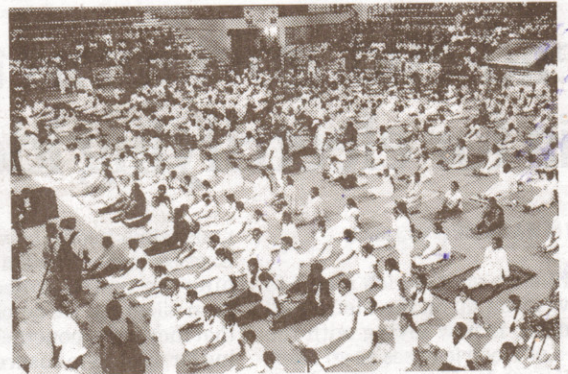
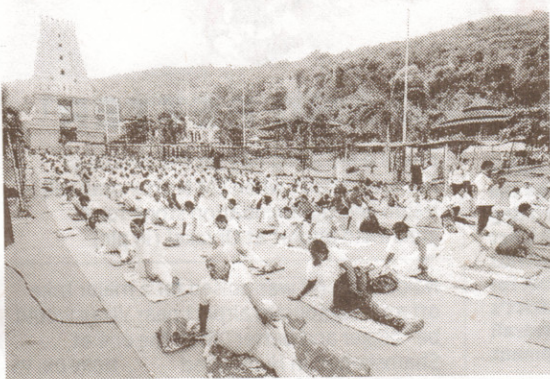


Indian Express 22/6/17



People from all walks of life take part in Yoga sessions on the third International Yoga Day in Visakhapatnam on Wednesday | EXPRESS

## Visakhapatnam stretches and twists on Yoga Day

EXPRESS NEWS SERVICE  
@ Visakhapatnam

CELEBRATING the third International Yoga Day, students, employees, senior citizens, PSUs and denizens joined together in the yoga programmes on Wednesday. Union Power Minister Piyush Goyal, along with collector Pravin Kumar and other officials did Yoga at Swarna Bharathi Indoor Stadium.

Students of GITAM School of Gandhian Studies, NCC and NSS cadets and students from schools and colleges participated in a

massive Yoga programme under the guidance of GITAM Yoga Programme Coordinator N Jhansi Rani. Students and faculty of Andhra University along with vice-chancellor G Nagewara Rao participated in the yoga on the campus.

As many as 259 students participated in the celebrations at the oil companies-run Skill Development Institute, Arilova. The institute imparts training in Yoga to 300 trainees. Yoga instructors demonstrated the International Protocol and Santhi Mantra. With Padmasana and

the Sanskrit chants, about 568 cadets of Sainik School, Korukonda, celebrated.

A total of 5,000 personnel of the Eastern Naval Command (ENC) celebrated the day, which was joined by Vice Admiral HCS Bisht. In addition, personnel on-board ENC ships deployed at sea also practised the yoga. About 850 Coast Guard personnel under the aegis of the Coast Guard Commander (ES) celebrated the Yoga Day. Additional DG KC Pande, Coast Guard Commander (Eastern Seaboard), was the chief guest. All the Coast Guard

Ships on deployment at sea conducted special yoga during morning PT timings. The Confederation of Indian Industry (CII) and Young Indians (YI), Vizag Chapter, organised session for industry members. RINL Vizag Steel Plant joined the nation in observing the day. RINL director (Personnel) Kishore Chandra Das explained the relevance and essence of yoga and its benefits. A large number of enthusiasts did yoga at Sri Srinivasa Kalyana Mandapam organised by Waltair division. DRM Mukul Saran Mathur was present.

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