

INTERNATIONAL DAY OF YOGA

Common Yoga Protocol on webcast, FB and YouTube

OUR STAFF REPORTER
Indore

This year, the 7th International Yoga Day was celebrated on Monday with the theme, 'Be with Yoga, Be at Home'. Ministers, government officers and employees of all the divisions, including those working in education, AYUSH institutions, administration and others, performed yoga from 6.30 am to 7.45 am on Monday.

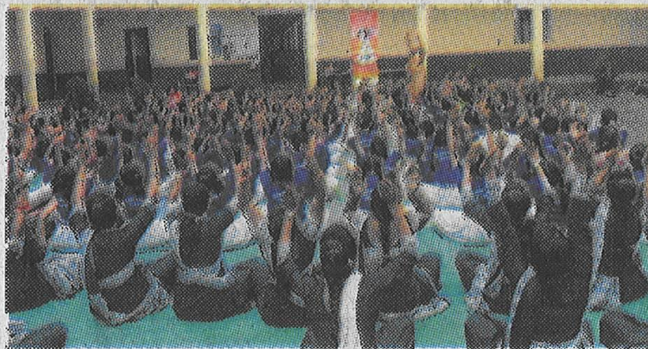
Some small groups could also practise yoga in offline events in the city unlike last year. Considering the spread of Covid-19 and the risks involved in organising gatherings, instructions were issued by the Centre to celebrate Yoga Day by practising yoga at home.

District AYUSH officer Dr Himmat Singh Dabur said that, as in the last year, it was not possible to organise mass programmes this year due to the Covid-19 pandemic. The Common Yoga Protocol was launched by the Centre for this purpose. Its digital link was <https://YOGA.ayush.gov.in/public/assets/iDY/ebook/pdf>. The Common Yoga protocol was broadcast through various mediums, with arrangements being made through webcast, Facebook, YouTube and so forth.

On the basis of this protocol, on International Yoga Day, an appeal was floated



MINISTER TULSI SILAWAT (SECOND FROM LEFT) PERFORMS YOGA IN INDORE ON MONDAY



Sahaj Yoga members organise a yoga session at the Government School, Khalaghat, on Monday

among yoga groups in Indore and the public to practise yoga but remember to stay at home. An appeal was also made to the yoga practitioners to motivate isolated patients and people who have recently recovered from the infection to build their lung strength with pranayama.

In Indore, state water resources minister Tulsiram Silawat took part in a Yoga Day event on the Border Se-

curity Force (BSF) premises.

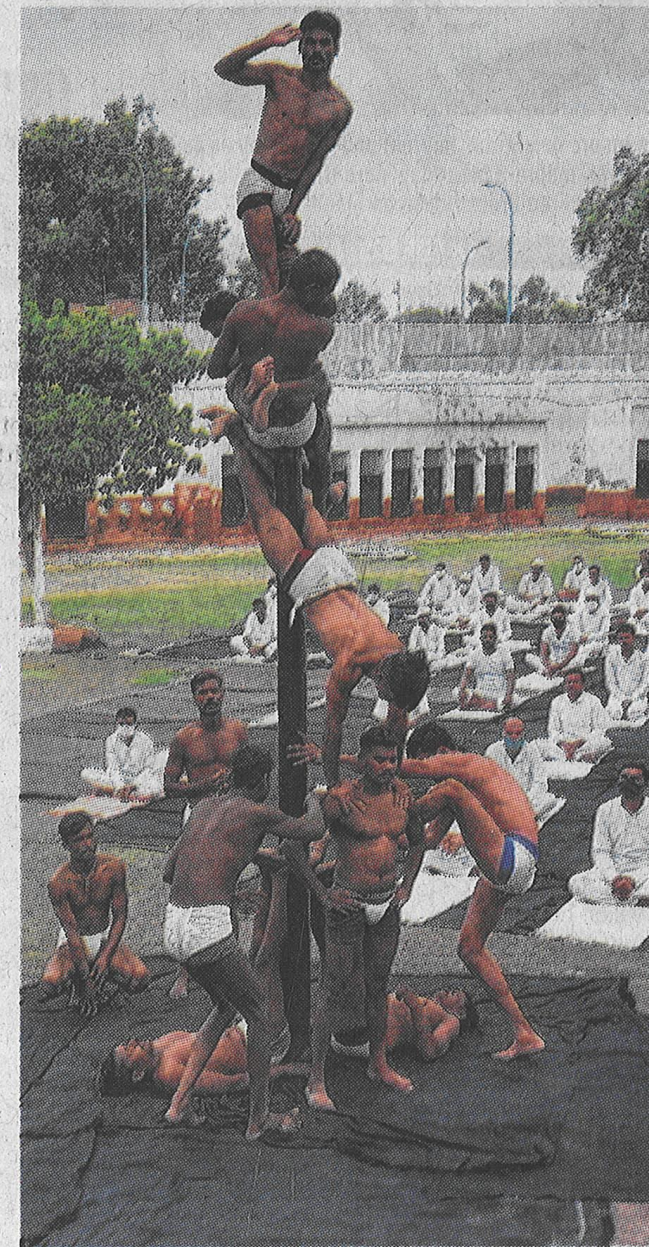
A mega-Covid-19 vaccination drive was also launched in the state with the target of inoculating 10 lakh people—including 1.5 lakh in Bhopal, 1.8 lakh in Indore and 60,000 each in Gwalior and Jabalpur.

Following the mantra of 'Yog se Sahyog', **UT-Indore** too, celebrated Yoga Day. The event was streamed live for all the fraternity who could not attend in per-

son owing to the Covid protocols. The event was conducted by Dr Omanand Guru. It saw a large participation and was attended by such dignitaries as Prof. Neelesh Kumar Jain, director (officiating), and others.

Kasturbagram Rural Institute organised a programme on yoga with the NSS unit of the institute. Yoga expert Jasmeet Singh Bhatiya and Archana Pathak elaborated on the importance of yoga. Prof. (Dr) Ranjana Sehgal, principal, Kasturbagram Rural Institute, Indore, addressed the gathering.

Yoga instructor Krishna Guru from Indore spread a message of yoga on Yoga Day starting from sunrise on the day to sunset. In online yoga sessions, Krishna conducted yoga workshops throughout the day on Monday. Participants from various countries worldwide joined the workshop.



Prisoners performing on the Mallakhamb at District Jail. PINTU NAMDEV



International Yoga Day was celebrated at Devi Ahilyabai Holkar airport on Monday. Over 60 staff members of Airport Authority of India (AAI), CISF and airlines performed yoga on the airport campus. A small booklet on yoga was also distributed to passengers and messages highlighting importance of yoga were displayed digitally in passenger circulation areas.

YOGA AT NCC

OUR STAFF REPORTER
Indore

Over 733 cadets of 1 MP Air Sqn Ncc Indore participated in the online Yoga Day celebration held on Monday following directions from DGNCC and Ministry of AYUSH, with enthusiasm.

Commanding Officer 1 MP AIR informed that, cadets of air squadron motivated people to imbibe yoga as an integral part of life by making

videos while performing yoga with family and sharing them publically, thus promoted mass awareness regarding the issue. Cadets also digitally sworn pledge to make yoga an integral part of their life and participated in QUIZ- Jingle making Competition launched by the Ministry of AYUSH.

The unit also organised online session where cadets, staff, and ANO of the unit performed yoga together.