

International Yoga Day is being celebrated on 21st June with the purpose to bring peace, harmony, happiness and success to every soul and mind.



To imbibe the values of health and well being, DGH observed 2<sup>nd</sup> International Yoga Day on June 21<sup>st</sup> 2016 from 8:00 am to 11:00 am. Around 300 participants including women employees actively participated in the 2<sup>nd</sup> International day of Yoga. The celebrations were led by Shri Atanu Chakraborty, IAS, Director General-DGH and among the participants were Shri Mahendra Pratap, Dy.DG, senior officials, advisors, employees and staff of DGH.



The programme was organized by HR & Admin Deptt, DGH with special arrangements like Stage, LED screens, Yoga Mats, T shirts and refreshments post Yoga Session.



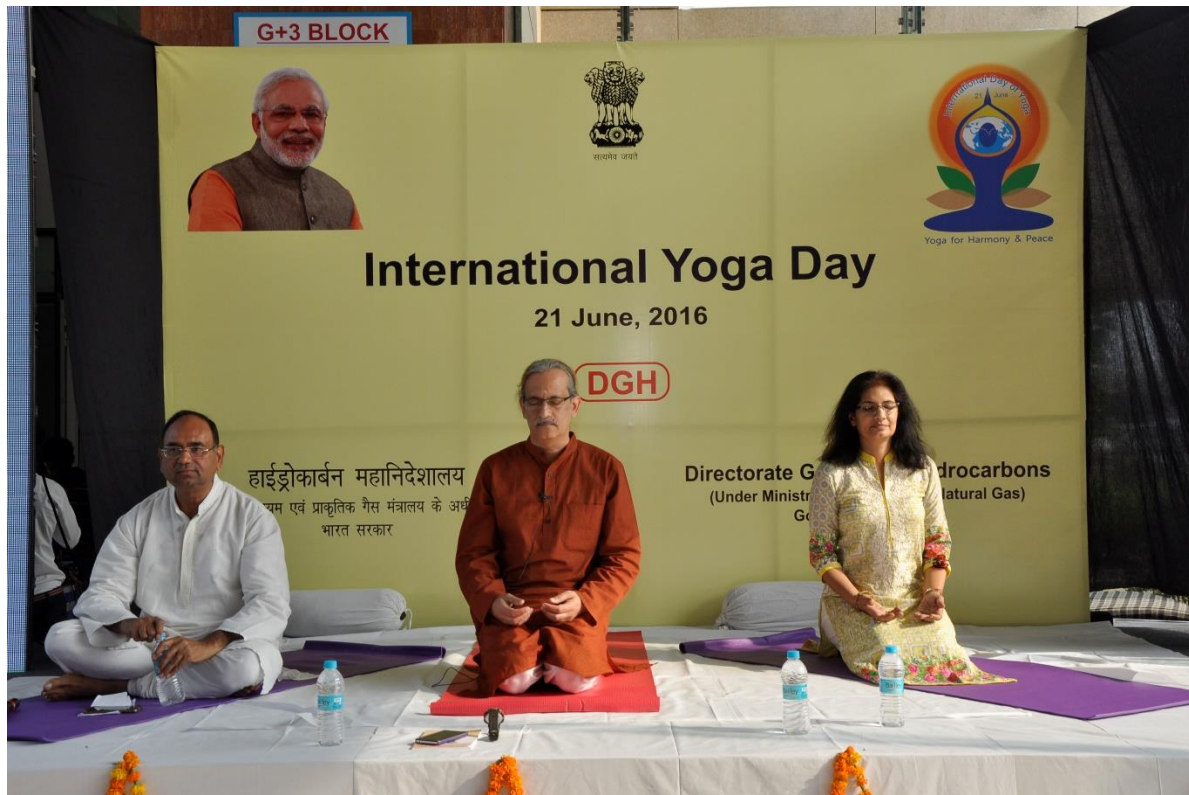
Yoga is a physical, mental and spiritual practice which embodies unity of mind and soul. Yoga asanas not only helps in keeping the body healthy but also gives peace to the mind and which is very important in our day to day lives.

The International Yoga Day celebrations at DGH comprised of Mass Yoga session, and spiritual discourse, under the guidance of Art Of Living teachers Shri Sidharth Prakash and Shri Vijay Khera alongwith their volunteers.



The programme started on an auspicious note with lighting of the lamp followed by welcome address by HOD (HR & Admin).

The activities of the day commenced with a prayer and warm up session of initial stretching and spot jogging. With simple and lucid instructions yoga sessions was steered by members of Art of Living wherein different asanas were demonstrated like Sadilaja/ loosening practice, Yogasanas like tadasana, pada-hastasana, ardha cakrasana, trikonasana, bhadrasana, makarasana, bhujanasana, salabhasana, setbandhasana, uttana padasana and pavanamuktasana.



All the yoga asanas were smoothly conducted under the guidance of Yoga Instructor and the whole session was highly appreciated by the participants. They found it very fruitful and were willing to participate in the sessions on a regular basis.

The enthusiastic participation of DGH employees are visible in the following snapshots.













