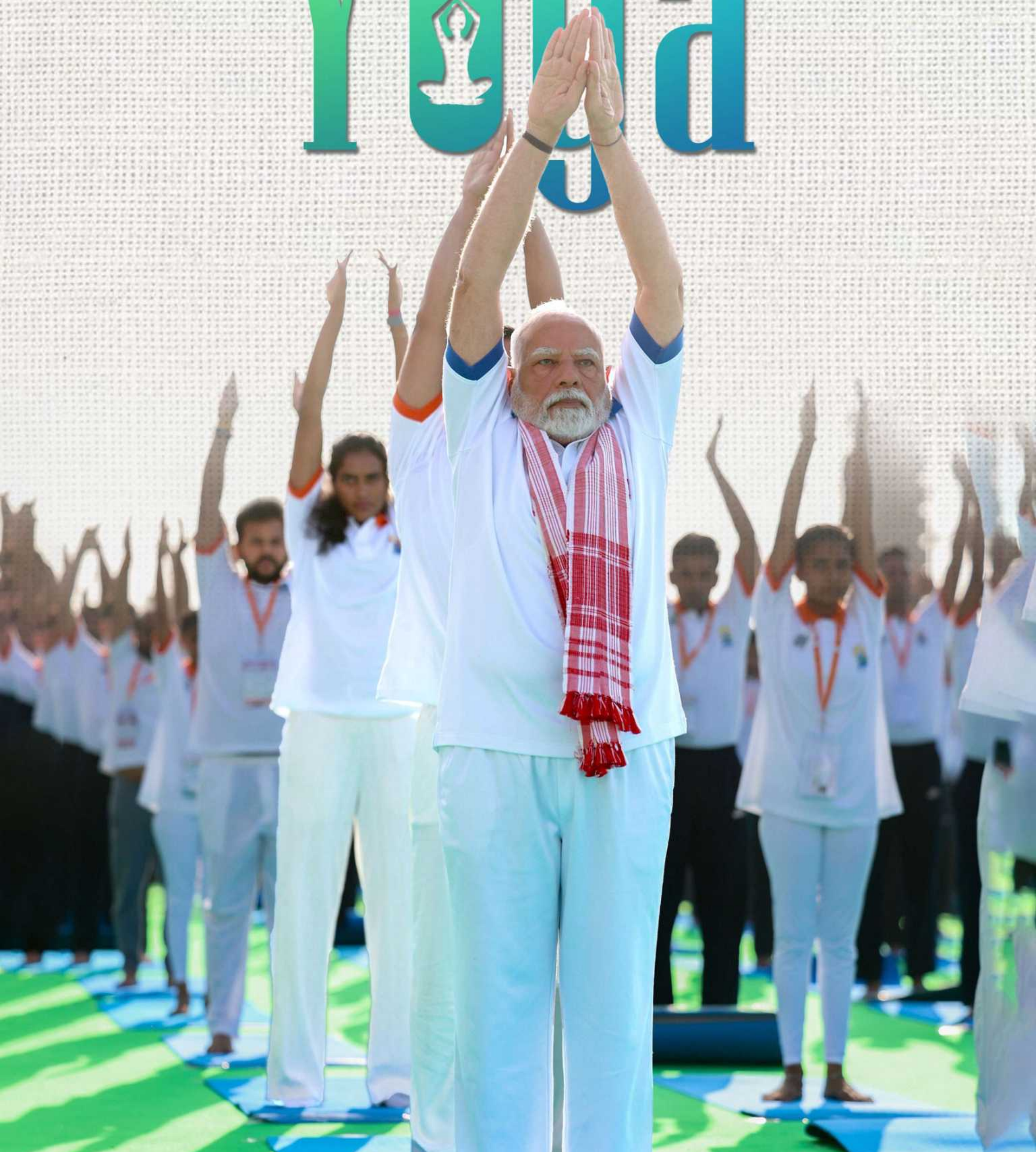
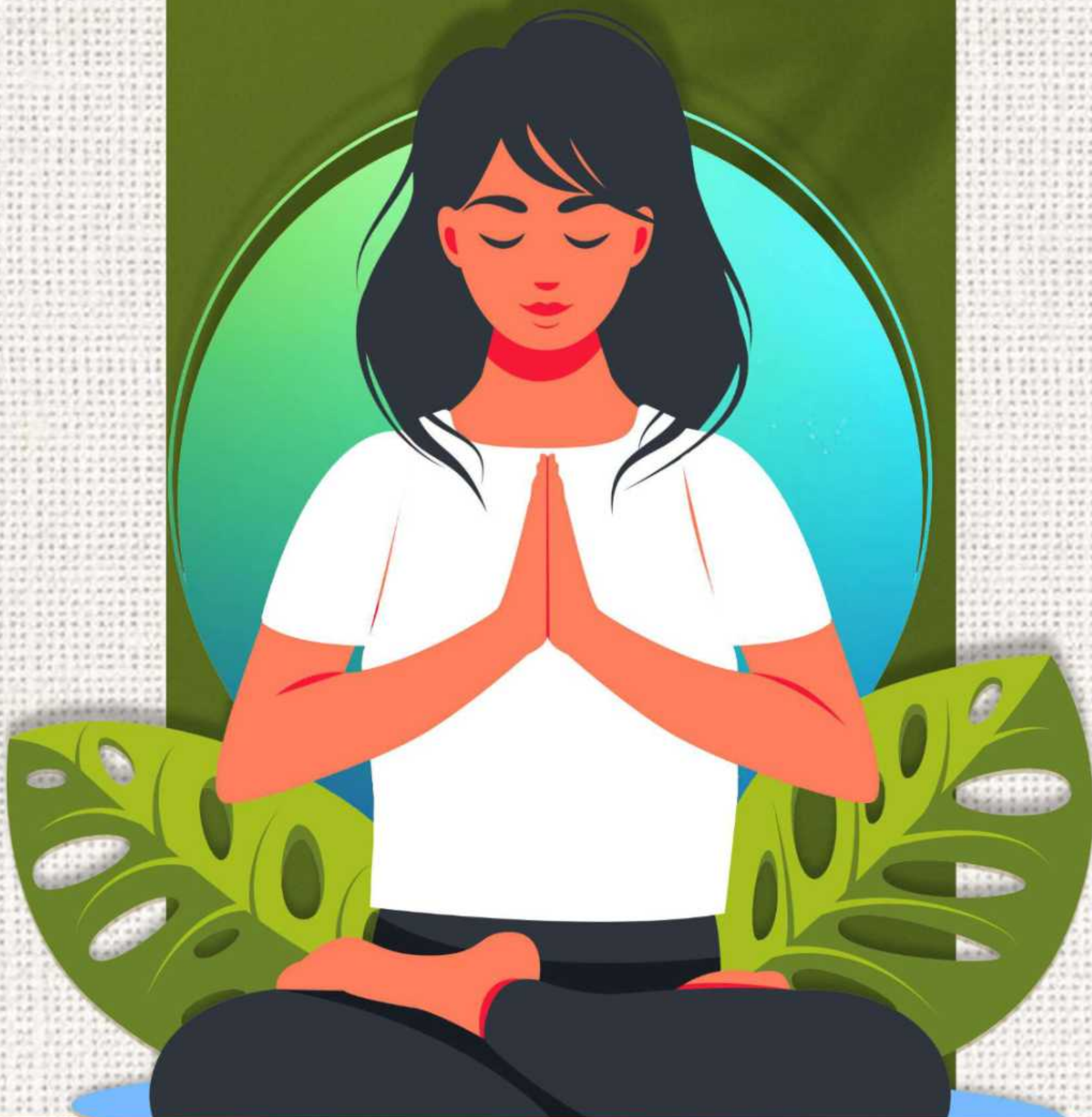


# International Day of Yoga





# International Day of Yoga



**DDWS Participation Report 2025**



# Background and Overview

The International Day of Yoga (IDY) 2025 was celebrated across States/ UTs on June 21st under the Department of Drinking Water & Sanitation. The initiative aimed to promote wellness, mindfulness, and community participation through yoga events organized by Village Water and Sanitation Committees (VWSCs) and Public Health Engineering Departments (PHEDs).

## National Summary

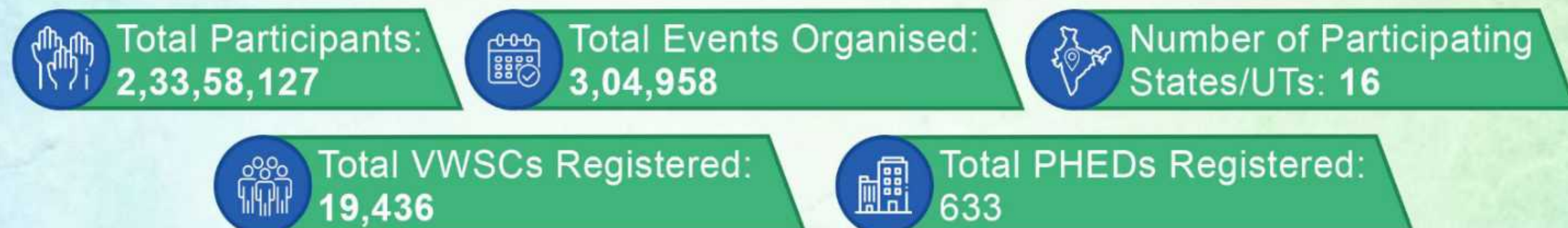
Across India, **19,436 VWSCs, 633 PHED registrations, 304,958 events, and 23.3 million participants** came together to celebrate yoga. This collaboration between sanitation infrastructure and wellness initiatives highlights a transformative approach to public health—where clean water and hygiene are not just necessities but enablers of a healthier, more mindful society.





# Summary

02



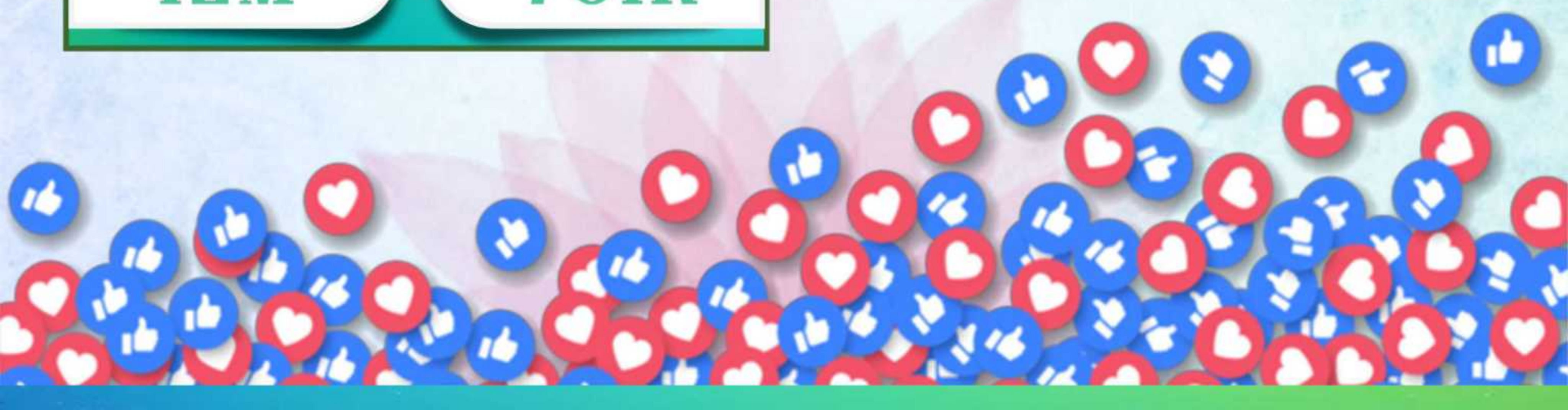
## Social Media Report

#DDWSJoinsIDY2025 Analysis ( Date: June 20th to 22nd, 2025)

To commemorate the International Day of Yoga (21st June 2025), the Jal Jeevan Mission and Swachh Bharat Mission, under the Department of Drinking Water and Sanitation (DDWS), actively participated in a focused campaign on X (formerly Twitter) using the hashtag #DDWSJoinsIDY2025.

This report reflects the digital footprint and performance of the hashtag across X from June 20th to 22nd, 2025, capturing engagement, mentions, and reach to showcase the campaign’s online resonance.

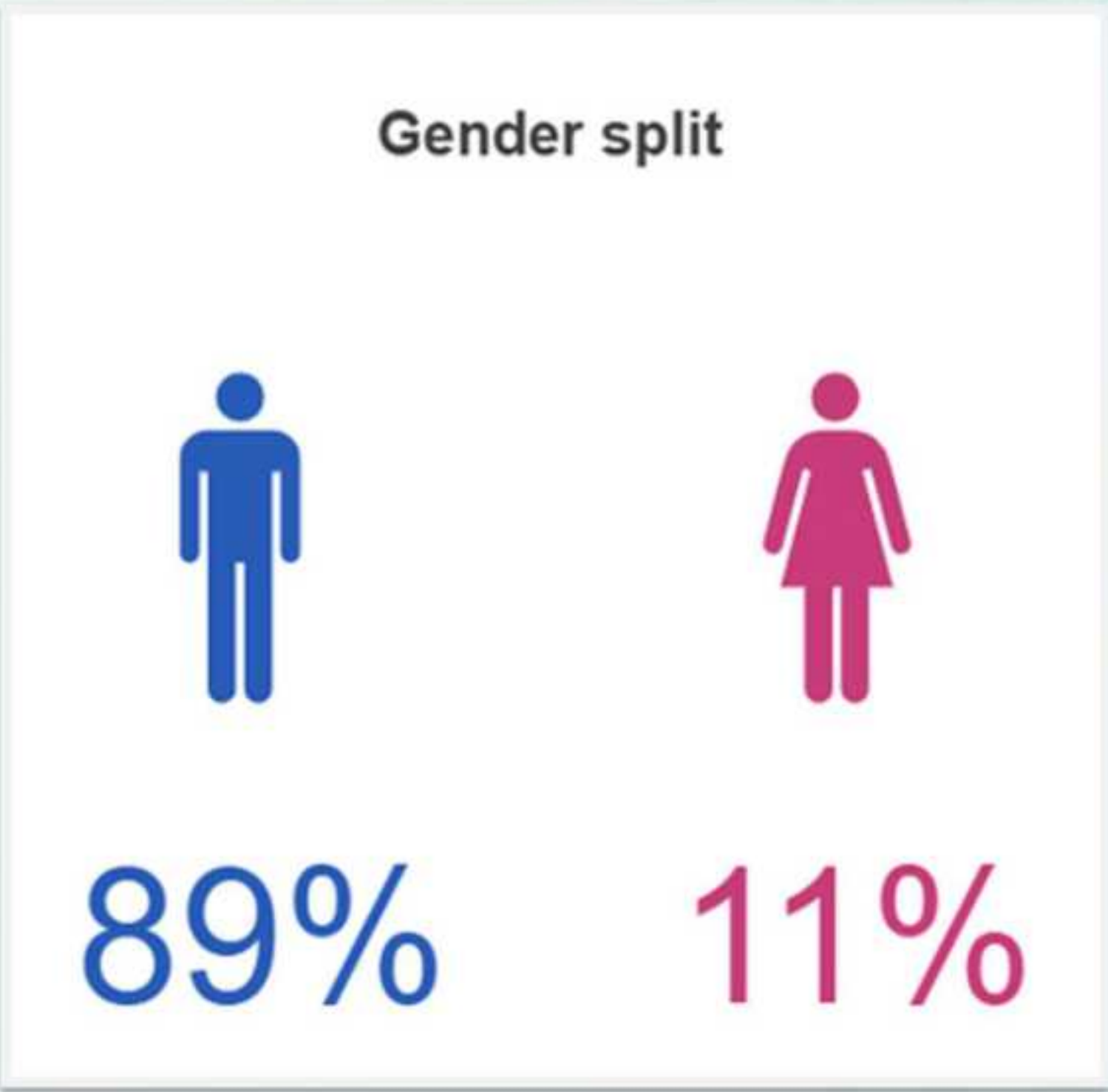
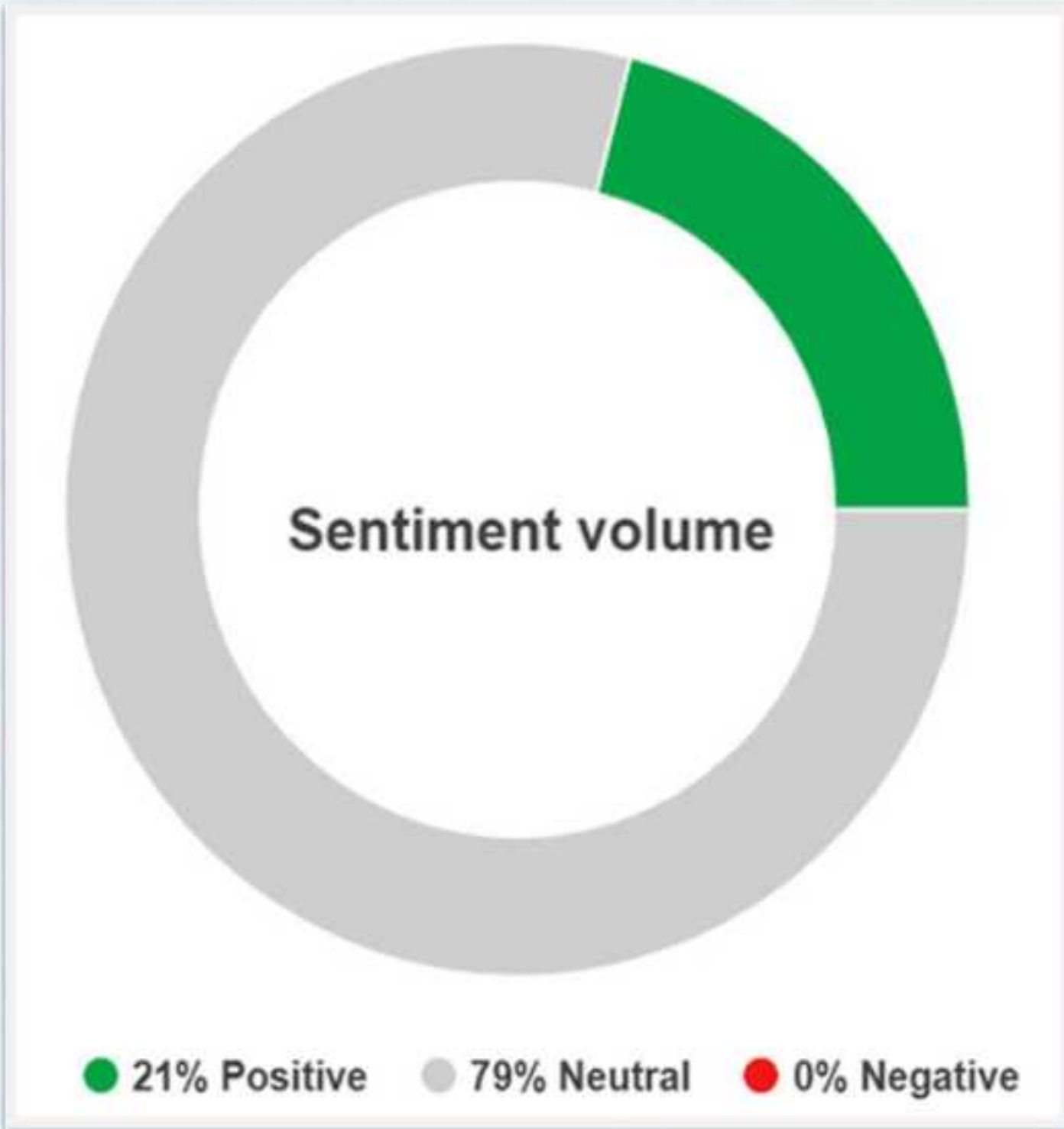
Analysis		KEY INSIGHTS
Total Mentions	Unique Authors	<p>High number of mentions (247) and strong impressions (12M) reflect high content resonance.</p> <p>Indicates that consistent amplification by influential handles drove visibility.</p> <p>Moderate unique authors (104) suggest scope for expanding in future campaigns</p>
247	104	
Total Impressions	Total Reach	
12M	781K	










# Social Media Analysis

## Word cloud



## Top X Handles

	Author name	Mentions ▼	X (Twitter) F...	Reach
1	 ee_purphed	16 (8%)	17	0
2	 PHEDNADIA	13 (7%)	56	107
3	 jaljeevan_	12 (6%)	36K	11K
4	 UdaiLalBhadana1	9 (5%)	3.3K	2.1K
5	 swachhbharat India	9 (5%)	567K	34K



## Posts Published



Jal Jeevan Mission | #HarGharJal #JJM #JalJeevan  
@jaljeevan\_

Translate post

शुद्ध जल और योग—स्वस्थ जीवन की आधारशिला हैं।

#JJM ग्रामीण घरों तक शुद्ध जल की आपूर्ति सुनिश्चित कर रहा है, वहीं योग तन और मन को मजबूत बना रहा है।

आइए, इस #InternationalDayofYoga पर संकल्प लें—शुद्ध जल पिएं 🌊, नियमित योग करें 🧘 और भविष्य को सुरक्षित बनाएं 🌱

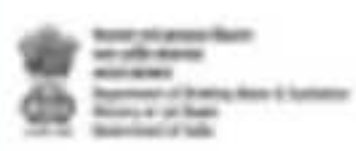
#DDWSJoinsIDY2025



Swachh Bharat Mission - Gram... @swachhbh... · Jun 21

योग और स्वच्छता, दोनों मिलकर स्वस्थ जीवन की नींव रखते हैं। योग से तन और मन मजबूत होता है, वहीं स्वच्छता से बीमारियां दूर रहती हैं। आइए इस योग दिवस पर स्वच्छ और स्वस्थ जीवन का संकल्प लें।

#SwachhBharat #DDWSJoinsIDY2025 #InternationalDayofYoga



दिन की पहली सांस भी  
मटके के बोझ तले दबी रहती थी



0:42

JalJeevanMissionIndia

JalJeevanMission

JalJeevan\_

JalJeevan-mission



स्वच्छासन का मतलब



शौचालय का नियमित इस्तेमाल करना

0:23

@swachhbharat

@SBMGrain

@SwachhBharatMissionGrain

@swachhbharatgrameen



# Yoga Day Celebration at WaSH Assets

05



Odisha



West Bengal

Bhatar Block



Jharkhand



Uttar pradesh









Jharkhand



Bihar



Telangana



Telangana



Bihar



Jharkhand





Assam



Telangana



Assam



Assam



Bihar



# Yoga at water Sources

09



## International Day of Yoga

under  
JJM & SBMG

Date: 21<sup>st</sup> June



#DDWSJoinsIDY2025

GARIYABAND



# Yoga In Schools

10



International Day of Yoga  
under  
**JJM & SBMG**  
Date: 21<sup>st</sup> June



#DDWSJoinsIDY2025

Place: Hahra 1, North 24 Parganas West Bengal

International Day of Yoga  
under  
**JJM & SBMG**  
Date: 21<sup>st</sup> June



#DDWSJoinsIDY2025

Place: Hooghly District, Pandua Block, West Bengal





# DDWS Activities

On June 21, 2025, the Department of Drinking Water and Sanitation (DDWS) actively participated in the **11th International Day of Yoga**, celebrated under the theme “**Yoga for One Earth, One Health**”. Officials from the department attended the Yoga Session organized by Ministry of Jal Shakti at Sonia Vihar, New Delhi.

This theme emphasizes the intrinsic link between individual well-being and planetary health, aligning perfectly with DDWS’s mission of ensuring access to clean water and sanitation. Recognizing that a hygienic environment is essential for effective yoga practice, DDWS mobilized thousands of **Village Water and Sanitation Committees (VWSCs)** and collaborated with **Public Health Engineering Departments (PHEDs)** across states to facilitate yoga events in clean, safe, and inclusive settings. Through this initiative, DDWS reinforced the message that clean water and sanitation are not just health imperatives but foundational to holistic wellness, enabling communities to embrace yoga as a sustainable lifestyle practice.







Shri Narendra Modi  
Hon'ble Prime Minister



## YOGA SANGAM PATRA

*This is to certify that*

M/s Department of Drinking Water and Sanitation

organized Yoga Sangam event to mark the International Day of Yoga on 21<sup>st</sup> June 2025.

*The event was organized*

at BSF Camp, Sarita Vihar and had the participation of 30 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.

Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and  
Minister of State, Ministry of Health and Family Welfare

Date: 21<sup>st</sup> June 2025  
New Delhi



During the International Day of Yoga celebrations, Assam showcased active grassroots involvement. **A total of 11 Village Water and Sanitation Committees (VWSCs) and 11 registrations through the Public Health Engineering Department (PHED)** contributed to the organization of **61 yoga events** across the state. These gatherings attracted **1,314 participants**, reflecting a growing awareness and appreciation for yoga's benefits among local communities. The state's efforts underline its commitment to promoting wellness and encouraging public participation in health-focused initiatives.













# ANDHRA PRADESH

16

On the occasion of the International Day of Yoga, Andhra Pradesh demonstrated remarkable enthusiasm and participation. A total of **214,468 Village Water and Sanitation Committees (VWSCs)** and **19,713,517 individuals** registered through the Public Health Engineering Department (PHED), reflecting widespread community engagement. Numerous events were organized across the state, showcasing a strong commitment to promoting health and wellness through yoga. The large-scale involvement highlights the state's dedication to fostering holistic well-being and community spirit.









Bihar organized **8,053 yoga events** with **201,325 participants**, showcasing strong community mobilization. On the occasion of International Yoga Day, District Magistrates, District Development Commissioners, SBM-G officials, other stakeholders, and community members actively participated in celebrations held across various districts.

As part of the SBM-G, special cleanliness drives were carried out at ODF Plus assets such as Waste Processing Units (WPU), Plastic Waste Management Units (PWMUs), and Gobardhan units. After the thorough cleaning, community members gathered at these sites to perform yoga and promote holistic well-being. Following the yoga sessions, public meetings were organized to raise awareness about the importance of yoga and sanitation. These gatherings emphasized the message that a healthy body and a clean environment are essential pillars of a Swachh and Swasth Bharat.









World Yoga Day was celebrated in the Gram Panchayat Ghosh Rama Block Giriak District Nalanda with Mukhiya Rinku Devi, Sanitation Supervisor Sudama Kumar, sanitation worker and the community.



In Begusarai District, a special cleaning, meeting and yoga practice was carried out under the leadership of SDM Teghra on the occasion of International Yoga Day at the Community Bio Gas Unit from Goverdhan Yojana at Shri Gaushala Teghra.





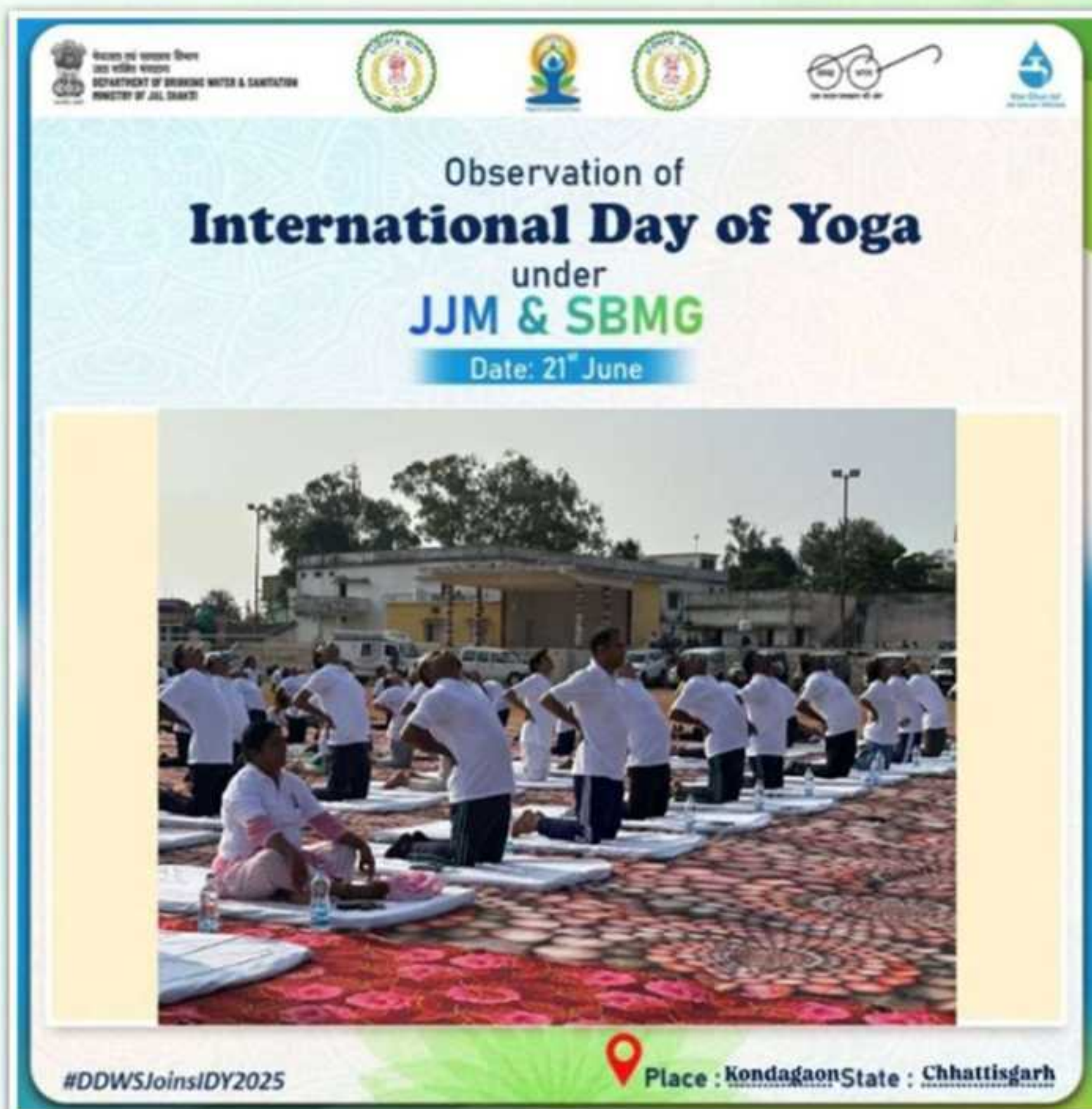
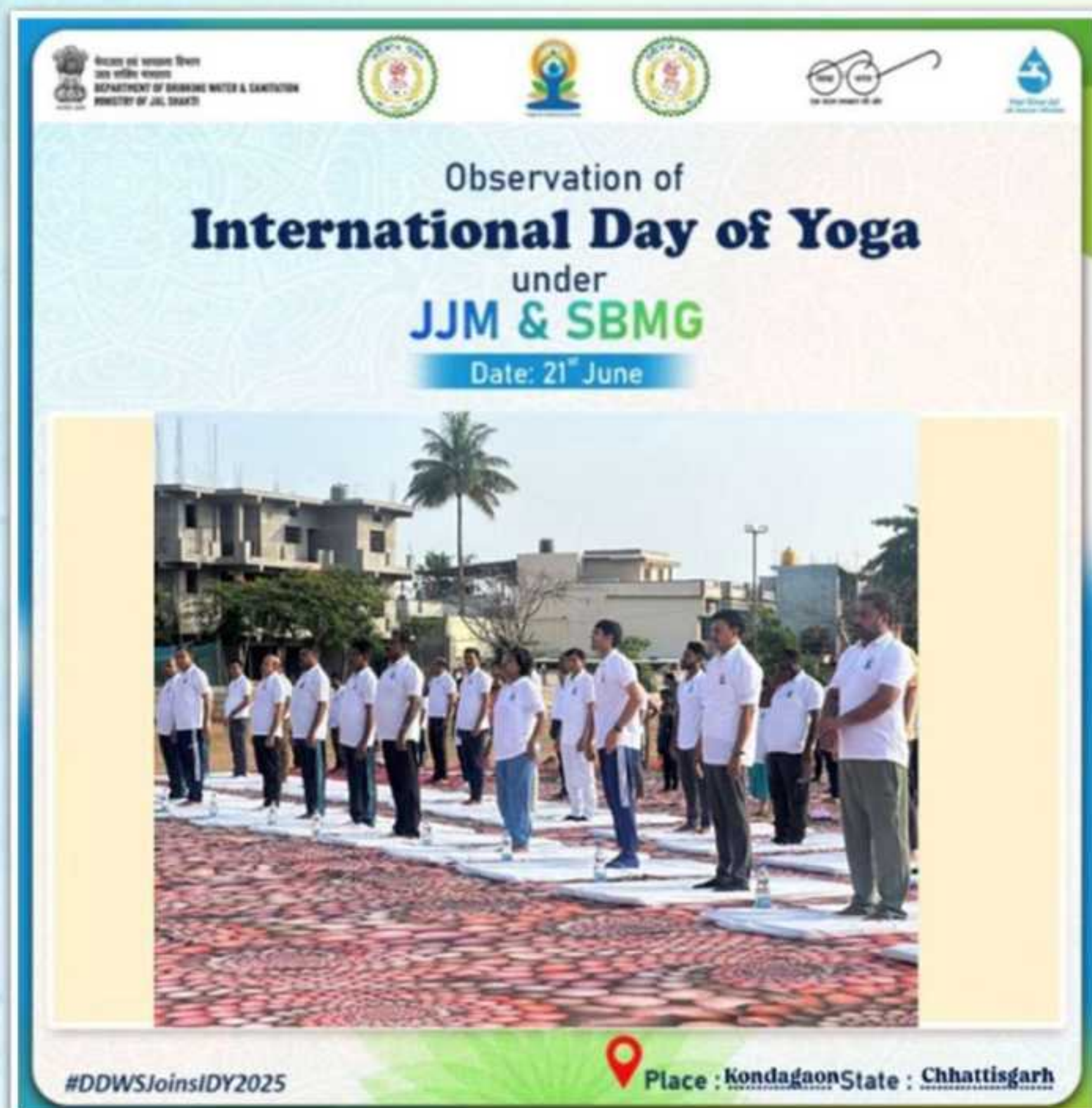
# CHHATTISGARH

21

With **1,256 events** and **61,813 participants**, Chhattisgarh demonstrated how even smaller states can make a meaningful impact. The integration of yoga with sanitation awareness campaigns helped communities understand the **importance of clean water in maintaining internal balance and health**, which are core principles of yoga.









# JAMMU & KASHMIR

23

Jammu & Kashmir, with **5 PHED registrations**, **53 events**, and **2,700 participants**, focused on targeted outreach. The region's unique geographical challenges make access to clean water and sanitation crucial. The yoga events emphasized **mental peace and physical health**, both of which are deeply connected to environmental cleanliness.









# JHARKHAND

25

Despite having **no VWSC or PHED registrations**, Jharkhand organized **5,454 events** with **109,891 participants**, reflecting strong grassroots enthusiasm. The success of these events highlights the **community's recognition of yoga as a tool for health**, even in areas where sanitation infrastructure is still developing.





In Jharkhand, programs were organized in presence of Dignitaries, Official and Students.









# KARNATAKA

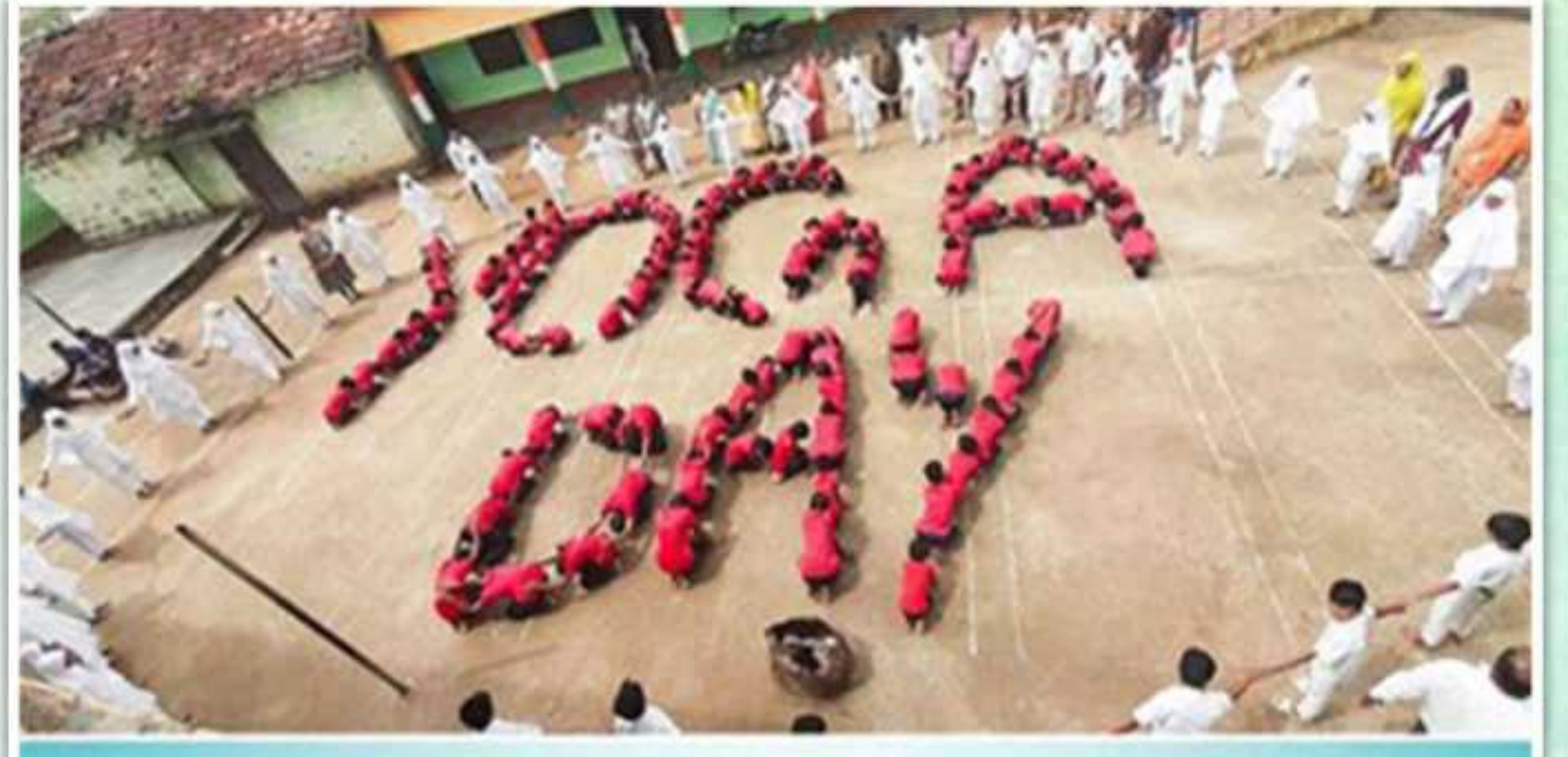
28

Karnataka's **5,680 VWSCs**, **5,604 events**, and **412,785 participants** illustrate a well-coordinated effort between sanitation committees and health departments. The state's approach emphasized that **clean water and proper sanitation are not just health necessities but enablers of spiritual practices like yoga**, especially in schools and community centers.





Across Karnataka, International Yoga Day was celebrated with great enthusiasm! People from every district came together, embracing yoga and taking a united step towards a healthier, balanced lifestyle.

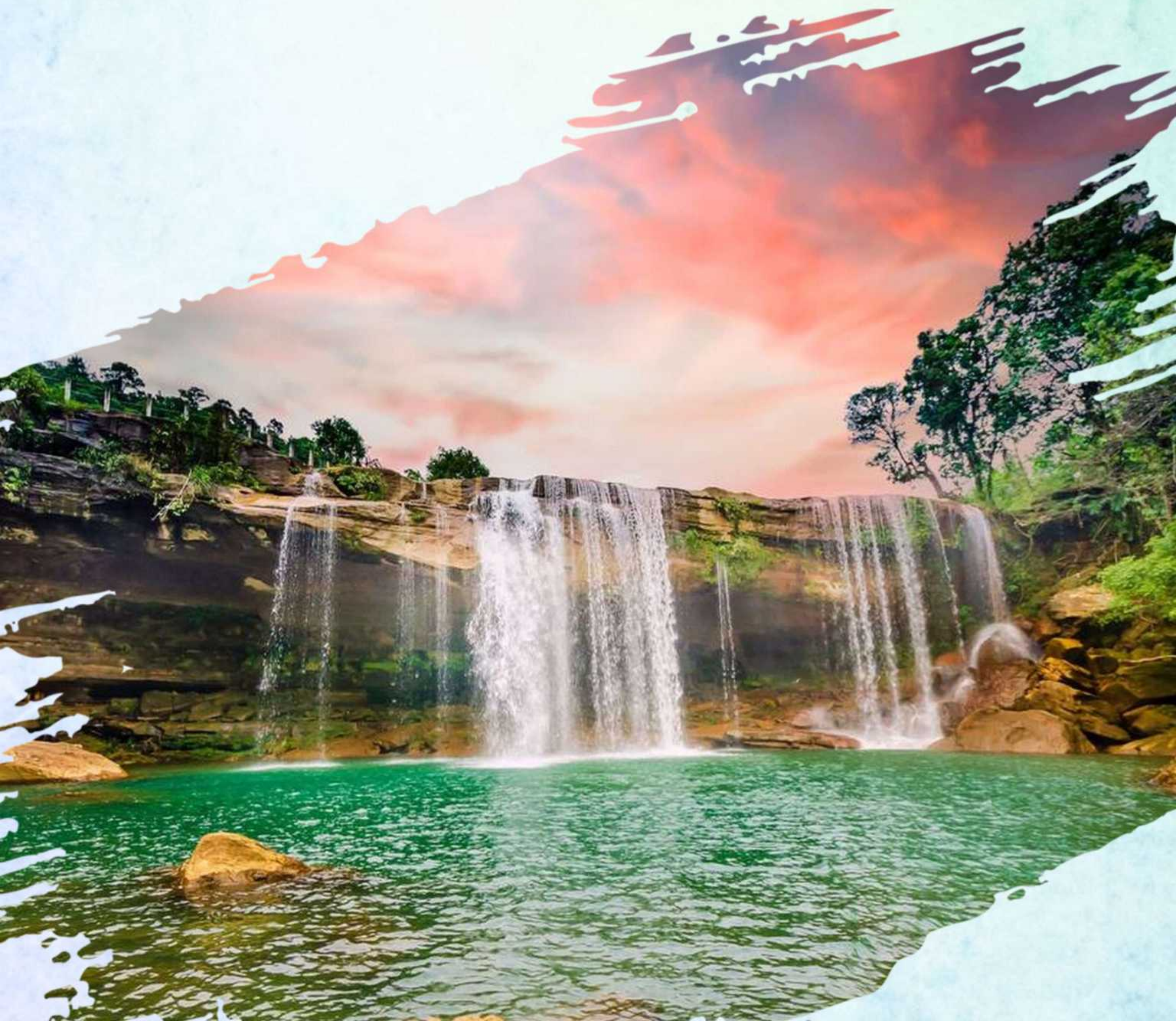




# MEGHALAYA

30

Meghalaya hosted **3 events with 39 participants**, reflecting early-stage engagement. These events served as pilot initiatives to demonstrate how **clean surroundings and access to water** can enhance the effectiveness of yoga, especially in tribal and rural communities.









# PUNJAB

32

Punjab's **424 events and 8,428 participants** marked a growing interest in integrating yoga with public health. The events were often held in **community halls and schools**, where sanitation facilities were upgraded, reinforcing the message that **yoga and hygiene go hand in hand**.













# SIKKIM

35

Sikkim's **230 events and 9,210 participants** showcased the state's commitment to wellness. The events were supported by local sanitation drives, emphasizing the **importance of clean water in detoxification and mental clarity**, both key outcomes of yoga practice.









# TELANGANA

37

Telangana's impressive numbers **12,586 VWSCs, 12,568 events, and 711,143 participants**—highlight a model integration of sanitation and wellness. The state leveraged its strong VWSC network to ensure that yoga sessions were held in **clean, accessible locations**, promoting both physical health and environmental responsibility.











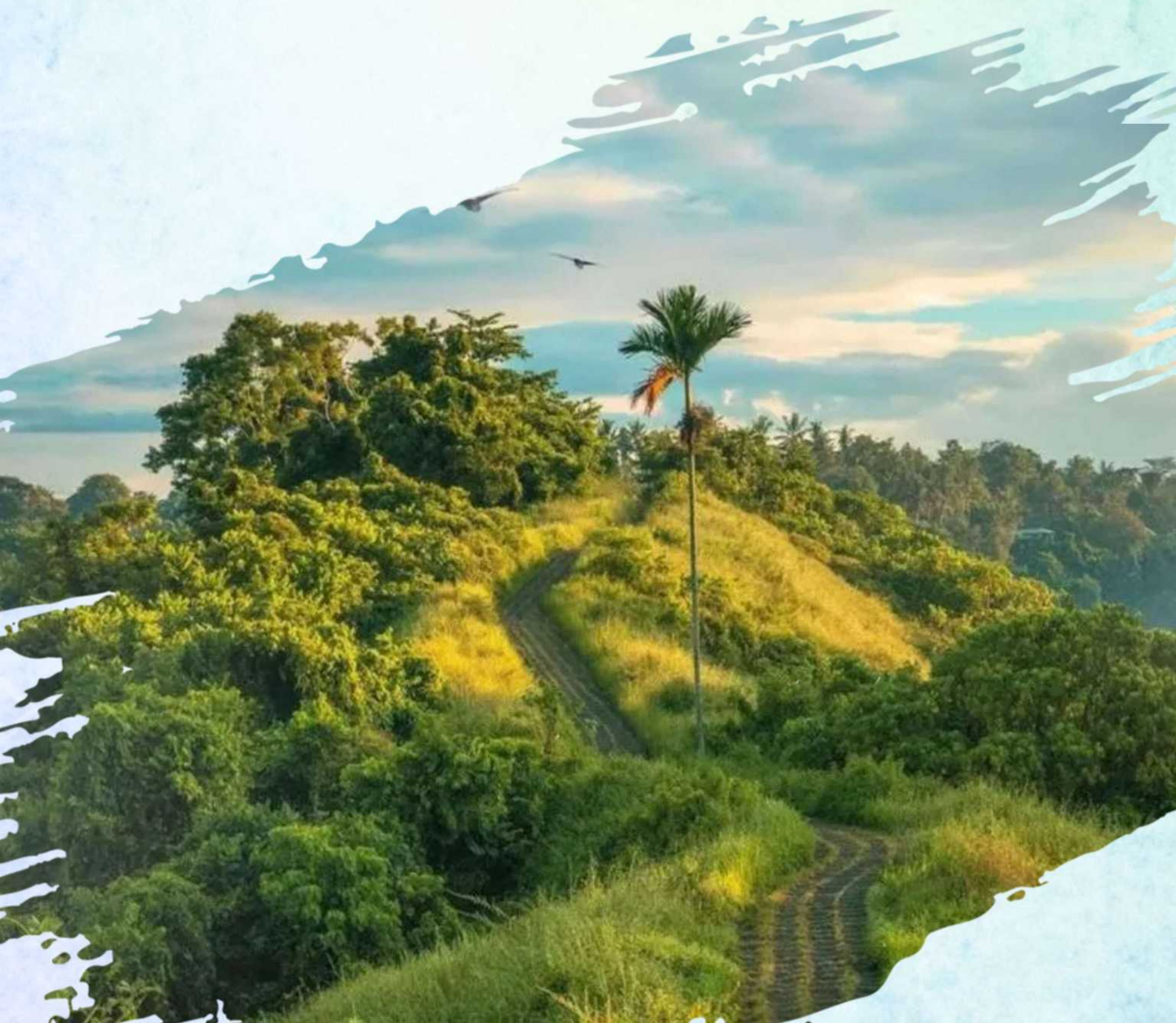


# TRIPURA

40

Tripura's **421 VWSCs, 979 events, and 29,884 participants** reflect a well-organized effort to bring yoga to rural communities. The events were often paired with **awareness campaigns on water conservation and hygiene**, reinforcing the holistic nature of wellness.

Mohanpur Girls High School, celebrated International Day of Yoga-2025 under the presence of Sri Abhishek Chandra IAS Sri Jeya Ragul Geshan, B IFS , Chairman Mohanpur PS, Chairperson M.M.C, SDM, Mohanpur, BDO Mohanpur & others Dignitaries, Official and over 200 Students. This event had a total of 250 participants.









# UTTAR PRADESH

42

Uttar Pradesh had **709 VWSCs**, **54,608 events**, and over **2 million participants** (including an additional 1,029,454 recorded separately). The state's massive outreach was supported by sanitation infrastructure, ensuring that yoga sessions were held in **clean and safe environments**, especially in schools and village centers.









Hon'ble Dy. CM, UP, Sri K. P. Maurya inaugurated a Yoga shivir in Ghaziabad district

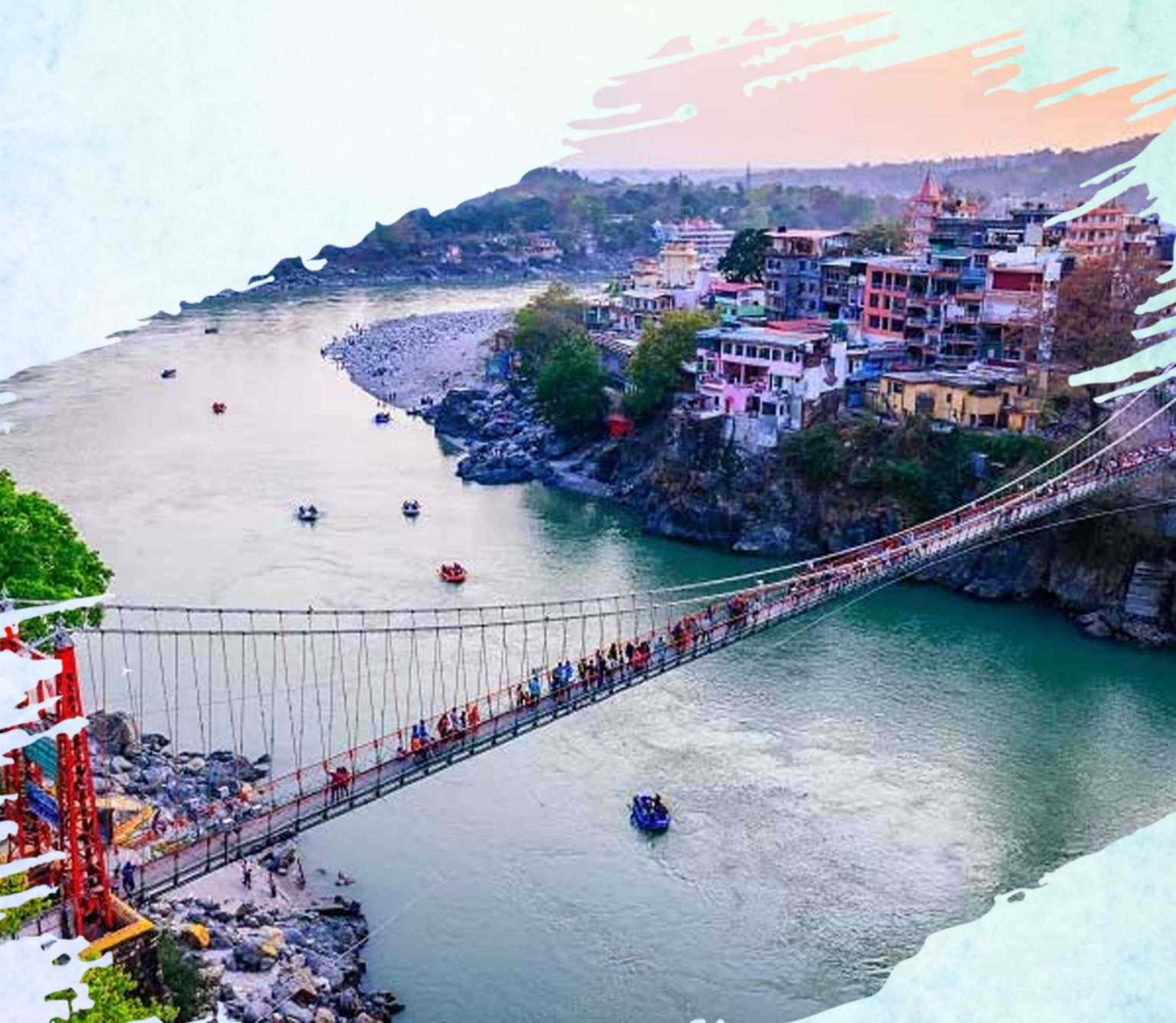




# UTTARAKHAND

45

With **516 PHED registrations**, Uttarakhand contributed meaningfully to the national effort. The state's yoga events focused on **clean water access in hilly regions**, linking environmental health with personal wellness.









# WEST BENGAL

47

West Bengal's **29 VWSCs**, **101 PHED registrations**, **1,197 events**, and **27,922 participants** reflect a growing movement toward holistic health. The events emphasized the **role of sanitation in preventing disease**, thereby enhancing the benefits of yoga.



















Observation of  
**International Day of Yoga**  
 under  
**JJM & SBMG**  
 Date: 21<sup>st</sup> June




#DDWSJoinsIDY2025
 
 Manikhan,  
 Place : Nalka 24 Parganas, West Bengal

Observation of  
**International Day of Yoga**  
 under  
**JJM & SBMG**  
 Date: 21<sup>st</sup> June



#DDWSJoinsIDY2025
 
 Manikhan,  
 Place : Malda, West Bengal








Observation of  
**International Day of Yoga**  
 under  
**JJM & SBMG**  
 Date: 21<sup>st</sup> June



#DDWSJoinsIDY2025
 
 Ketugram-I-I Block  
 Place : Purba Bardhaman, West Bengal








Observation of  
**International Day of Yoga**  
 under  
**JJM & SBMG**  
 Date: 21<sup>st</sup> June



#DDWSJoinsIDY2025
 
 Ausgram-II Block  
 Place : Purba Bardhaman, West Bengal







# Social Media

50

**PHED\_NADIA**  
@PHEDNADIA

**Follow**

Breathe Deep, Live Well: [#yogadaycelebration](#)  
Celebrations Begin  
[#DDWSJoinsIDY2025](#) @jaljeevan\_  
@egiye\_bangla @GowbPhe @DM\_NADIA\_WB

5:05 PM · Jun 21, 2025 · 8 Views

Block level International yoga Day [#IDY2025](#) celebration at Podia block followed by theme [#YogaForOneEarthOneHealth](#)

@zp\_malkangiri @dmmalkangiri @prdw\_odisha  
@cmo\_odisha @IPR\_Odisha  
[#DDWSJoinsIDY2025](#)

Observation of  
**International Day of Yoga**  
under  
**JJM & SBMG**  
Date: 21st June

[#DDWSJoinsIDY2025](#)

ग्रामपंचायत-सेमराकला, जिला-सूरजपुर, राज्य-छत्तीसगढ़

**Department of Wate...** @D... · Jun 24

Glimpses of the 11th International Day of Yoga celebration, held under the theme 'Yoga for One Earth, One Health,' highlighted the powerful benefits of yoga and its vital role in promoting holistic well-being across communities.

[#DDWSJoinsIDY2025](#)  
[#InternationalYogaDay2025](#)

**Post**

**Lohiya Swachh Bihar Abhiyan**  
@LSBA\_Bihar

अंतर्राष्ट्रीय योग दिवस पर भोजपुर जिला में विद्यालयों के बच्चों एवं स्वच्छता कर्मियों के बीच योग का आयोजन किया गया।  
[#IDY2025](#) [#ddwsjoinidy2025](#) [#YogaForOneEarthOneHealth](#)  
[#InternationalDayofYoga2025](#)  
@IPRDBihar  
@BiharRDD  
Translate post

ਜਲ ਸਪਲਾਈ ਅਤੇ ਸੈਨੀਟੇਸ਼ਨ ਵਿਭਾਗ, ਪੰਜਾਬ  
ਦੇ  
ਵੱਖ-ਵੱਖ ਥਾਂਵਾਂ ਉੱਤੇ  
**ਯੋਗਾ ਦਿਵਸ**  
ਮਨਾਇਆ ਗਿਆ

PMO India and 9 others

3 49





**PHED\_NADIA**  
@PHEDNADIA

Follow



Breathe Deep, Live Well: [#yogadaycelebration](#)  
Celebrations Begin  
[#DDWSJoinsIDY2025](#) @jaljeevan\_  
@egiye\_bangla @GowbPhe @DM\_NADIA\_WB



**BDO\_PODIA**  
@BlockPodia

Follow

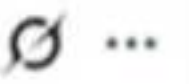


Block level International yoga Day [#IYD2025](#)  
celebration at Podia block followed by theme  
[#YogaForOneEarthOneHealth](#)

[@zp\\_malkangiri](#) [@dmmalkangiri](#) [@prdw\\_odisha](#)  
[@cmo\\_odisha](#) [@IPR\\_Odisha](#)  
[#DDWSJoinsIDY2025](#)



**Rural Drinking Water & Sanitation Department, GoK**  
@rdwsd\_gok

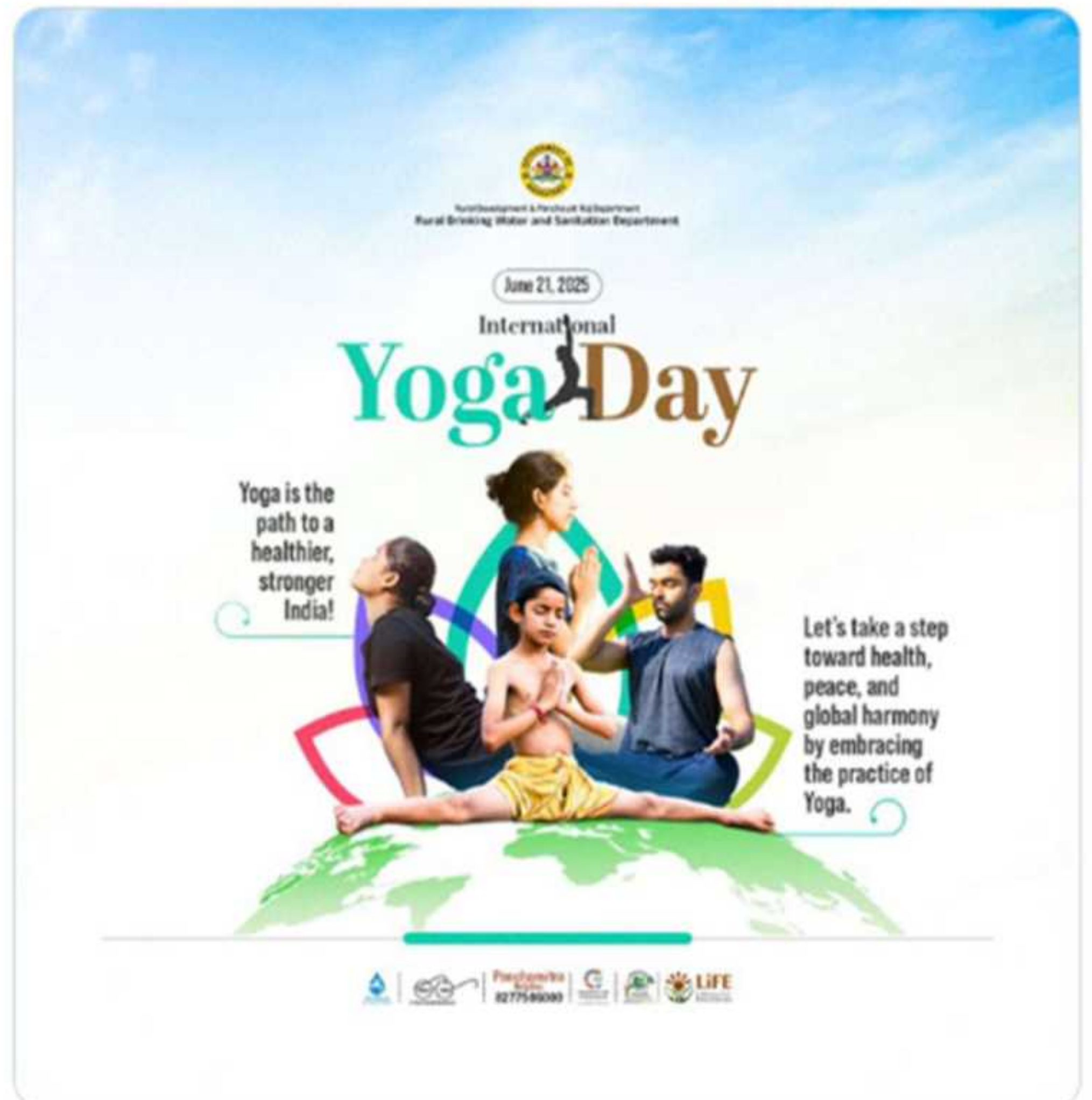


International Yoga Day

Let's take a step toward health, peace, and global harmony by embracing the practice of Yoga.

Yoga is the path to a healthier, stronger India!

[#InternationalYogaDay](#)



Ministry of Jal Shakti, DoWR, RD&GR, Gol and 5 others

9:55 AM · Jun 21, 2025 · 192 Views





## ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಸಾಮೂಹಿಕ ಯೋಗ



ಶನಿವಾರ ಸಾಮೂಹಿಕ ಯೋಗ ಮಾಡಲಾಯಿತು.

### • ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಕೂಪರ್

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಪ್ರಯುಕ್ತ ಗಿಣಿಗೇರಾ ಗ್ರಾಮ ಪಂಚಾಯಿತಿ ಹಾಗೂ ಕೆರೆ ಅಭಿವೃದ್ಧಿ ಸಮಿತಿ ವತಿಯಿಂದ ಗಿಣಿಗೇರಾದ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಶನಿವಾರ ಸಾಮೂಹಿಕ ಯೋಗ ಮಾಡಲಾಯಿತು.

ಗಿಣಿಗೇರಿ ಕೆರೆ ಸಮಿತಿ ಅಧ್ಯಕ್ಷ ಸುಬ್ಬಣ್ಣನಾರ ಮಾತನಾಡಿ, ಇಂದು ಅಪಾರವಾದ ಮುಖ್ಯವಾಗಿ ದುಡ್ಡು ಬದಲಾವಣೆ ಮಾಡಿಕೊಳ್ಳುವ ಇದ್ದಲ್ಲಿ ಮುಂದಿನ

ದಿನಗಳಲ್ಲಿ ಅರೋಗ್ಯದ ಮೇಲೆ ದುಷ್ಪರಿಣಾಮ ಬೀರಲಿದೆ. ಇಂದು ಒತ್ತಡದ ಜೀವನ ಸಾಗಿಸುತ್ತಿರುವ ನಾವು ಒಂದು ಗಂಟೆಯಾದರೂ ಯೋಗ ಮತ್ತು ಪ್ರಾಣಾಯಾಮ ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು ಎಂದರು.

ಕಾಮನೂರು ಅಯುಷ್ ಆಸ್ಪತ್ರೆಯ ಯೋಗ ವಿಭಾಗದ ಡಾ. ಕಳಕೇಶ ಮಾತನಾಡಿ, ಮನಸ್ಸು ಮತ್ತು ದೇಹ ಅರೋಗ್ಯವಾಗಿರಬೇಕಿದ್ದರೆ ಕ್ರಮಬದ್ಧವಾಗಿ ಯೋಗಭ್ಯಾಸ ರೂಢಿಸಿಕೊಂಡು ಉದವರಗೂ ತಿರುಗಿಕೊಡಬೇಕು ಎಂದು

ಹೇಳಿದರು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಯೋಗ ಅಭ್ಯಾಸ ಮತ್ತು ಪ್ರಾಣಾಯಾಮ ಭಂಗಿಗಳನ್ನು ಡಾ. ಕಳಕೇಶ್, ದೈಹಿಕ ಶಿಕ್ಷಕ ಬಸನಗೌಡ ಮಾಹಿತಿ ನೀಡಿದರು. ಪಿಡಿಒ ಮಂಜುಳಾದೇವಿ ಕಾರ್ಯಕ್ರಮ ನಿರ್ವಹಿಸಿದರು.

ಗ್ರಾ.ಪಂ ಅಧ್ಯಕ್ಷ ರೇಣುಕಾ ಭೋರಪ್ಪ ವಡ್ಡರ, ಸದಸ್ಯರಾದ ಕರಿಯಪ್ಪ ಮೇಟ, ರಂಜಿತಾ ಚವ್ವಾಣ್, ಜಿಲ್ಲಾ ಬಾಹಿ ಸಂಯೋಜಕ ಶ್ರೀನಿವಾಸ ಚಿತ್ರಗಾರ, ತಾಲೂಕು ಬಾಹಿ ಸಂಯೋಜಕ ದೇವರಾಜ ಪತ್ತಾರ, ಪಿಡಿಒ ಮಂಜುಳಾದೇವಿ ಹೂಗಾರ, ಕೊಟ್ಟ ಬಸಯ್ಯ, ಯಮನೂರಪ್ಪ ಚವ್ವಾಣ್, ನೀಲಪ್ಪ ಮೂರಮನಿ, ಗುರಪ್ಪ ಗುಡೇಕಾರ, ಶಂಕರ ಲಮಾಣಿ, ಹನಮೇಶ ನಾಯಕ, ಕೆರೆ ಅಭಿವೃದ್ಧಿ ಸದಸ್ಯ ಅನಿಲ್ ಜಾನಾ, ಮುಖ್ಯ ಶಿಕ್ಷಕ ಸದಾನಂದ, ಗ್ರಾ.ಪಂ ಕಾರ್ಯದರ್ಶಿ ಮಂಜುನಾಥ, ಸಿಬ್ಬಂದಿ ಕುಶಲರಯ್ಯ ಪೊಲೀಸ್ ಪಾಟೀಲ, ರಾಜಾ, ರಾಜಾಭಟ್ಟ, ಆಕಾ ಕಾರ್ಯಕರ್ತರು, ಶಾಲಾ ಮಕ್ಕಳು, ಶಿಕ್ಷಕರು ಹಾಜರಿದ್ದರು.

## ಯೋಗಾಸನಂ... ಆರೋಗ್ಯ ಶಾಸನಂ



ಪ್ರಾಣವಿಹಾರದಲ್ಲಿ ಯೋಗಾಸನಂ... ಆರೋಗ್ಯ ಶಾಸನಂ

## ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿವಸದ ದಿನಾಚರಣೆ

ಪ್ರಾಣವಿಹಾರದಲ್ಲಿ ಗಿಣಿಗೇರಿಯ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯು ಆಯೋಜಿಸಲಾಯಿತು.

**ಅಮೃತ ಕೆರೆ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆ**

ಪ್ರಾಣವಿಹಾರದಲ್ಲಿ ಗಿಣಿಗೇರಿಯ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯು ಆಯೋಜಿಸಲಾಯಿತು. ಕೆರೆ ಸಮಿತಿ ಅಧ್ಯಕ್ಷ ಸುಬ್ಬಣ್ಣನಾರ ಮಾತನಾಡಿ 'ಪ್ರಸ್ತುತ ದಿನದಲ್ಲಿ ಅಪಾರ ಪದ್ಧತಿ ಮತ್ತು ಮುಖ್ಯವಾದದ್ದು. ಅಪಾರ ಪದ್ಧತಿಯನ್ನು ನಾವು ಬದಲಾವಣೆ ಮಾಡಿಕೊಳ್ಳುವುದು ಸೂಕ್ತ. ಬದಲಾವಣೆ ಮಾಡಿಕೊಳ್ಳದೇ ಇದ್ದಲ್ಲಿ ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಅರೋಗ್ಯದ ಮೇಲೆ ದುಷ್ಪರಿಣಾಮ ಬೀರುವುದು ಖಂಡಿತ' ಎಂದರು.

ಕಾಮನೂರು ಅಯುಷ್ ಆಸ್ಪತ್ರೆಯ ಯೋಗ ವಿಭಾಗದ ಡಾ. ಕಳಕೇಶ್, ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕ ಬಸನಗೌಡ, ಪಿಡಿಒ ಮಂಜುಳಾದೇವಿ, ಗ್ರಾಮ ಪಂಚಾಯಿತಿ ಅಧ್ಯಕ್ಷ ರೇಣುಕಾ

ಪ್ರಾಣವಿಹಾರದಲ್ಲಿ ಗಿಣಿಗೇರಿಯ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯು ಆಯೋಜಿಸಲಾಯಿತು.

## ಪ್ರಜಾಪ್ರವಾಣಿ



ಕೊಪ್ಪಳ ಹಾಲ್ದೋಕಿ ಗಿಣಿಗೇರಿಯ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯು ಆಯೋಜಿಸಲಾಯಿತು.

## ಅಮೃತ ಕೆರೆ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆ

ಪ್ರಾಣವಿಹಾರದಲ್ಲಿ ಗಿಣಿಗೇರಿಯ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯು ಆಯೋಜಿಸಲಾಯಿತು. ಕೆರೆ ಸಮಿತಿ ಅಧ್ಯಕ್ಷ ಸುಬ್ಬಣ್ಣನಾರ ಮಾತನಾಡಿ 'ಪ್ರಸ್ತುತ ದಿನದಲ್ಲಿ ಅಪಾರ ಪದ್ಧತಿ ಮತ್ತು ಮುಖ್ಯವಾದದ್ದು. ಅಪಾರ ಪದ್ಧತಿಯನ್ನು ನಾವು ಬದಲಾವಣೆ ಮಾಡಿಕೊಳ್ಳುವುದು ಸೂಕ್ತ. ಬದಲಾವಣೆ ಮಾಡಿಕೊಳ್ಳದೇ ಇದ್ದಲ್ಲಿ ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಅರೋಗ್ಯದ ಮೇಲೆ ದುಷ್ಪರಿಣಾಮ ಬೀರುವುದು ಖಂಡಿತ' ಎಂದರು.

ಕಾಮನೂರು ಅಯುಷ್ ಆಸ್ಪತ್ರೆಯ ಯೋಗ ವಿಭಾಗದ ಡಾ. ಕಳಕೇಶ್, ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕ ಬಸನಗೌಡ, ಪಿಡಿಒ ಮಂಜುಳಾದೇವಿ, ಗ್ರಾಮ ಪಂಚಾಯಿತಿ ಅಧ್ಯಕ್ಷ ರೇಣುಕಾ

ಪ್ರಾಣವಿಹಾರದಲ್ಲಿ ಗಿಣಿಗೇರಿಯ ಅಮೃತ ಸರೋವರ ದಡದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯು ಆಯೋಜಿಸಲಾಯಿತು.

## अंतरराष्ट्रीय योग दिवस पर जिले में विभिन्न स्थानों पर योगाभ्यास कार्यक्रम का आयोजन!

पौड़ी शीवर गढ़वाल (परमानन्द कुकोठी) 111 वें अंतरराष्ट्रीय योग दिवस के अवसर जिले पर में योगाभ्यास किया गया। योगाभ्यास में जनप्रतिनिधियों, विभिन्न विभागों के अधिकारियों, कार्यचारियों, शिक्षकों, छात्र-छात्राओं और स्थानीय लोगों ने प्रतिभाग किया। इस अवसर पर प्रतिभागियों ने पराद्वैतीय (गैरीस) में आयोजित योगाभ्यास कार्यक्रम का लाइन प्रसारण भी देखा।

जमिंदार को जिले आयुक्त एवं युवती विभाग को ओर से जिले के विभिन्न स्थानों में अंतरराष्ट्रीय योग दिवस के अवसर पर योग दिवस आयोजित हुये। जिले का मुख्य कार्यक्रम रंगीले स्थल शहीद जयवंत सिंह स्टेडियम में आयोजित हुआ। कार्यक्रम का शुभारंभ स्थानीय विधायक राजकुमार शर्मा ने किया।

इस दौरान आयुक्त विभाग के योग प्रतिभागियों ने प्रतिभागियों को योगाभ्यास कराया। प्रतिभागियों ने ट्रोवा चलन, स्कंध चलन, वृक्षसन, त्रिकोणासन, पवनमुक्तसन, शवासन, उलानपादसन, ब्रह्मसन, मकरसन, सेतुबंध आसन, शलपासन, पुच्छासन, धनुषासन सहित विभिन्न योगासन करवाये।

योगाभ्यास कार्यक्रम में नगर पालिका अध्यक्ष विमली नेगी, मुख्य विकास अधिकारी गिरिश गुणवंत, अपर निहायिकारी अमित गनैल, संयुक्त महिस्ट्रेट पोस्टल रामचंद्र शेट, मुख्य पशु चिकित्साधिकारी डॉ. विजयल शर्मा, मुख्य कृषि अधिकारी श्रीकेश चंद, जिला आयुक्त एवं युवती अधिकारी डॉ. रीतेश चंडेय आदि ने प्रतिभाग किया।

नगर विभाग शीवर में शहर घाट में योग दिवस संयोजित हुआ। कार्यक्रम का शुभारंभ

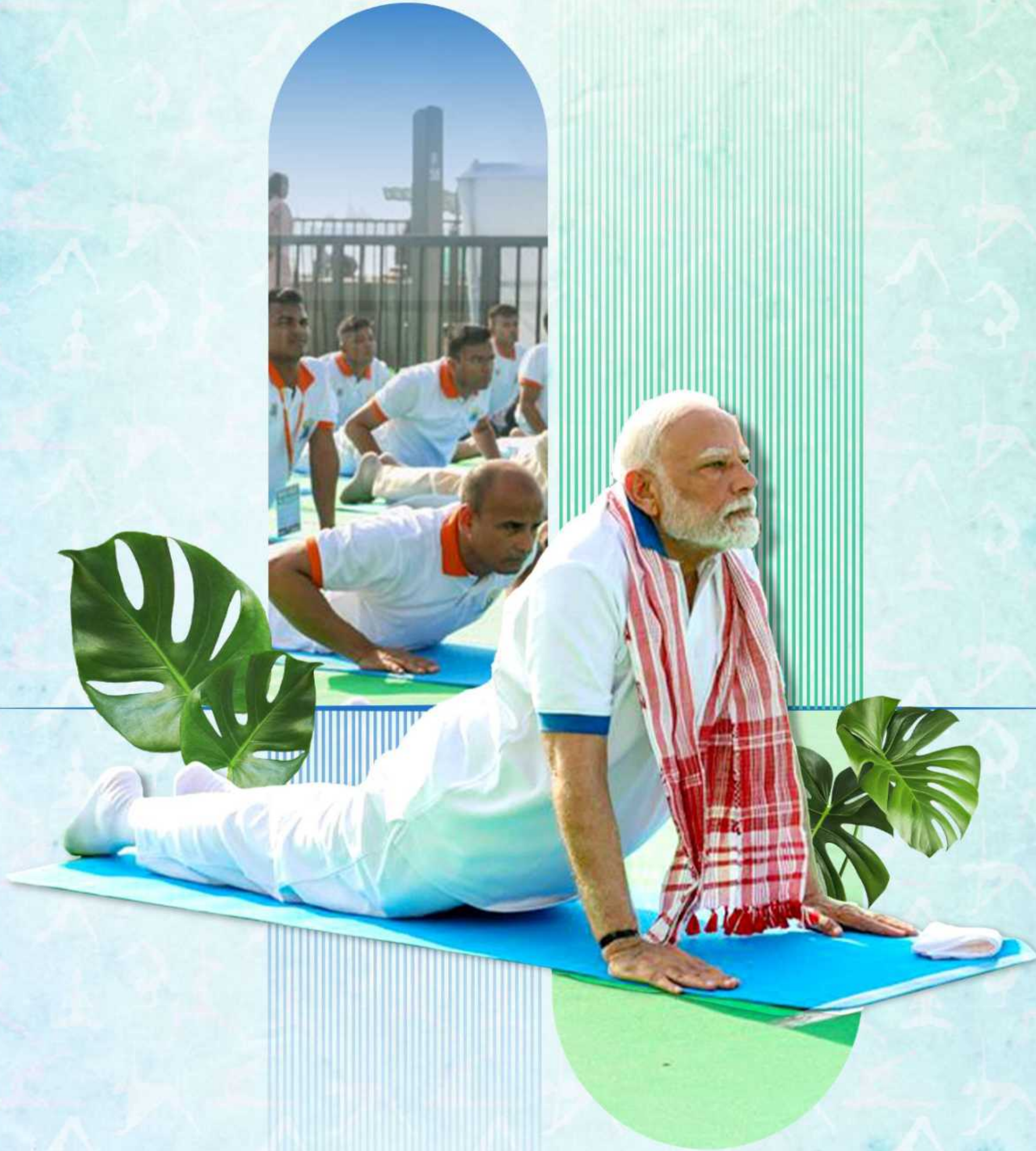


योगाभ्यास कार्यक्रम में नगर पालिका अध्यक्ष विमली नेगी, मुख्य विकास अधिकारी गिरिश गुणवंत, अपर निहायिकारी अमित गनैल, संयुक्त महिस्ट्रेट पोस्टल रामचंद्र शेट, मुख्य पशु चिकित्साधिकारी डॉ. विजयल शर्मा, मुख्य कृषि अधिकारी श्रीकेश चंद, जिला आयुक्त एवं युवती अधिकारी डॉ. रीतेश चंडेय आदि ने प्रतिभाग किया।

महारेर आली चंडारी ने योग प्रदर्शित कर किया। योग अभ्यासिका सुनील चौहान, रवि लखंड व संदीप धने ने योगाभ्यास कराया। इस दौरान प्रचुरी विरोधक कोठारली शीवर जयवंत नेगी, पंचरूप प्रणकर, विनय निरिंदपाल, हरी सिंह बिष्ट, डॉ. अंशु अग्रवाल, डॉ. कविता रावत आदि मौजूद रहे।

इसके अलावा, कोट्टर, रातुली, पलीम, यमकेश्वर, पंचड, लौटेल और कोट आदि स्थानों में योगाभ्यास किया गया।





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