



Nehru Yuva Kendra Sangathan
नेहरु युवा केन्द्र संगठन

Together
Towards Tomorrow...



Celebration of International Day of Yoga 21st June 2018

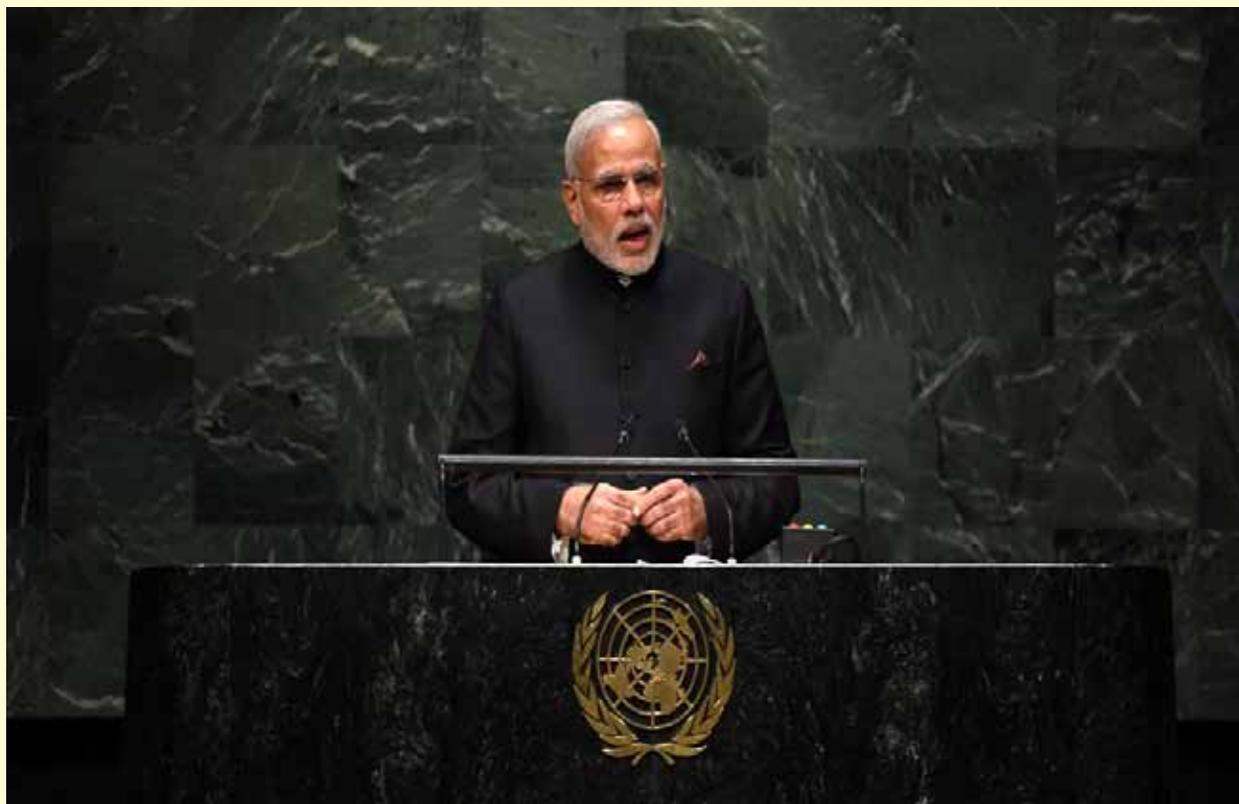


Nehru Yuva Kendra Sangathan
Ministry of Youth Affairs & Sports
Government of India



Genesis

Hon'ble Prime Minister of India, Shri Narendra Modi at the 69 session of **United Nations General Assembly (UNGA)** on September 27, 2014 urged the world community to adopt an International Day of Yoga. He shared with global community that “Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day.”



It's a matter of great pride and honor for all the Indians that on December 11, 2014, the United Nations General Assembly approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish **21 June** as “**International Day of Yoga**”.

In its resolution, the **UNGA recognised that Yoga provides** a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

It's an **acknowledgement by the Global community of India's rich cultural heritage and ideological contributions towards Global Unity, Harmony, Peace and Development.**

Nehru Yuva Kendra Sangathan

Nehru Yuva Kendra Sangathan (NYKS) the world's largest youth network is an autonomous body of Department of Youth Affairs, Ministry of Youth Affairs & Sports, Govt. of India. NYKS is functional in 623 districts in 29 States of the country. The core strength of NYKS is a network of village level Youth Clubs and Mahila Mandals across India. Between these Youth Clubs and district NYKs, there is trained volunteer force of National Youth Corps. NYKS observed 4th International Day of Yoga on 21st June, 2018 at State, District, Block and Village Levels across India.

Executive Summary

The program was implemented by organizing **562 District** level functions in which **5,07,134 Youth** took part. **3105 Block** level Neighbourhood Youth Parliaments were conducted for imparting training and Yoga demonstration, in which 3,22,632 Presidents, Secretaries and Members of Youth Clubs participated. Yoga was performed by NYKs Youth Clubs in **39,006 Villages** in which **18,32,607** youth took part. Besides, **State level Mega** Yoga programs were also carried out in **11 States** with participation of **29,105** trained youth. During the State Level programmes, **104 Yoga Gurus** were honored.

In spite of militant threat in Kashmir Valley, the District Nehru Yuva Kendras with the active involvement of National Youth Volunteers and Youth Clubs carried out Yoga Demonstration Programmes in **Kupwara, Anantnag, Baramulla, Badgam and Pulwama**. Also, State level Mega programs were organized in **Srinagar and Jammu** in which more than **4916 youth** took part.

Besides, Yoga exercises were also conducted even in most difficult and farflung areas viz; **Andaman & Nicobar Islands, Leh, Nagaland, Mizoram, Manipur, Meghalaya, Arunachal Pradesh, Left Wing Extremist affected districts**.

Yoga programs were graced by **04** Hon'ble Governors, **01** Chief Minister, **01** Ex Chief Minister, **06** Central Ministers, **21** Hon'ble MPs, **08** Hon'ble Minister's of State Government, **18** MLAs/MLCs, Mayors and other dignitaries.

Preparations for Celebration

Like previous three years, Nehru Yuva Kendra Sangathan decided to celebrate 4th International Day of Yoga on 21st June 2018 at State, District, Block and Village Level by ensuring participation of people from all sections of the society in general and youths in particular.

In order to observe the International Day of Yoga in an effective manner at all levels across the country as well as coverage of most difficult and inaccessible areas in India, **Secretary and Joint Secretary, Department of Youth Affairs, Ministry of Youth Affairs & Sports, Govt. of India and Director General, NYKS** had several rounds of meetings and reviews. NYKS started communications with field functionaries from the month of March, 2018. Exhaustive Guidelines were sent to 29 State Directors and all field functionaries were asked to establish

In spite of Terrorists threat and other difficulties NYKS conducted Yoga in Kashmir Valley



Yoga Demonstration conducted in far flung areas from North Eastern States, Left Wing Extremist affected districts, Leh and Andaman & Nicobar Islands





necessary synergy and coordination at different levels with concerned Govt. Departments, Yoga Institutes, Agencies and NGOs which are recognized by Ministry of AYUSH and others who are working for promotion of Yoga and training. It was planned to secure their services for imparting yoga training to members of Youth Clubs at district and block level.

Coordination and Synergy with Nodal Ministry

Meetings with Secretary, **Ministry of AYUSH** were held; the services of NGOs and their experts identified by M/o AYUSH and other organizations were coordinated and utilized across the country; **Booklets** (Hindi and English) and DVD prepared by M/o AYUSH were circulated to all NYKs Youth Clubs and placed on NYKS website: www.nyks.org, for necessary guidance; **NSS, NCC and SAI** were involved for joint mobilization of youth, volunteers and infrastructure support. The theme for Celebration of International Day of Yoga **“Yoga for Harmony and Peace”** was widely publicized and used.

Design of Banner and Material

In order to maintain uniformity and as recognition, all NYKs field offices, Youth Clubs used same designs of banners, hoardings and other publicity material across the country. Both the design of banner and material were prepared well in advance by NYKS Hqrs and provided to all field offices for use. They were also placed on NYKS website.

Other publicity materials procured locally across the country were also used by field units of NYKS for awareness generation and mobilization of people in general and youths in particular for training and active participation in the activities organized during Celebration of International Day of Yoga 21st June 2018.

Release of Funds

For the successful implantation of activities at State, District and Block levels, detailed Guidelines and required funds were provided to District NYKs and respective States well in time for organising International Day of Yoga on 21st June 2018 across India.

PROGRAMMES AND ACTIVITIES

I. Block Neighborhood Youth Parliament (15th May to 21st June, 2018)

The objective of the programme is to create an institutional platform right up to the village level, where the youth can articulate their views on various issues and draw the attention of the local administration to such issues and concerns affecting their lives. The programme is also focused to strengthen and enhance existing network of Youth Clubs with representation from all sections of society.

The platform was also used **motivate participants to organize Yoga Camps/ Demonstrations in their respective villages** with participation of local village trained youth by mobilizing local resources and Yoga experts.

The programmes began with one **hour session** on Yoga which encompasses lecturers on benefits of **Yoga**, demonstration of Yoga practices as per **Common Yoga Protocol**, documentary film (DVD) on **Yoga published by AYUSH**, followed by discussion. In two sessions the participants under the guidance of **Yoga Experts** practiced Yoga Asanas as per Common Yoga Protocol.

For training and motivating NYKs Youth Clubs, District Nehru Yuva Kendras organized **1,722** Block level Neighbourhood Youth Parliaments before 20th June, 2018 in which **1,50,352 Presidents and Secretaries of Youth Clubs** participated. Trained members of Youth Clubs were **motivated to organize Yoga Camps & demonstrations in their respective villages** on 21st June 2018 with participation of local village trained youth by mobilizing local resources and Yoga experts. State wise progress report may be seen at **Annexure – I**.

Besides, on 21st June, **1,383 Block** level Neighbourhood Youth Parliaments were conducted in which **1,72,280 youth** took part and demonstrated Yoga as per common Yoga Protocol. During these programmes, lecturers on benefits of Yoga, Training as per Common Yoga Protocol and Documentaries on Yoga were shown, which were followed by discussion. State wise progress report may be seen at **Annexure – I**.

The purpose for organization of Neighborhood Youth Parliaments was also to educate the members of Youth Clubs about contemporary socio-economic development issues confronting local communities in general and the youth in particular and to involve them in debate and discussions on such issues.

During these programmes, eminent Speakers delivered talk on contemporary issues like: Good Governance, Youth Participation in Govt Schemes including Prime Minister Swach Bharat Mission, National Flagship Schemes, Construction of Toilets, etc. Youth Leaders from different Youth Clubs were motivated that after return to their respective areas, they will arrange similar discussions and debates involving their club members.

The programme “Neighbourhood Youth Parliament” proved very instrumental as it covered the areas the Yoga; communal harmony, sense of oneness, sense of responsibility, cooperation among youth. This programme also made the youth aware regarding many programmes and schemes launched by the Central Govt. from time to time, enabling the common people to live happy and healthy and thus making the India a strong nation.

Neighbourhood Youth Parliament (NYP) with special focus on Promoting Yoga and observation of International Yoga Day made programme more useful and effective for youth and community. Participating youth experienced that Yoga has no religious barrier; it is a scientifically proven method of exercise for mental and physical development. So, youth enthusiastically participated in Yoga Demonstrations.

2. District Level Functions and Exhibitions

Trainings on Common Yoga Protocol and preparatory activities were organized by District NYKs for successful organization of mass Yoga practice and demonstration as per **Common Yoga Protocol. 562** District NYKs organized mass Yoga Demonstration as per Common Yoga Protocol in which **5,07,134** members Youth took part. Hon'ble Central and State Govt. Ministers, MPs, MLAs, Public Representatives, DM/DCs and other Dignitaries attended the activities. State wise progress report may be seen at **Annexure – I**.

Besides this, **Exhibition on Yoga**, Youth Convention, Lectures by Experts on different subjects of Yoga were arranged. During the **District Youth Convention**, following areas and subjects on which lectures were delivered by experts followed by question and answer session and discussion:

- Yoga- Indian Culture and Heritage promoting Harmony and Peace
 - ✓ Yoga- Indian Culture and Heritage
 - ✓ Yoga not only develop a person's body but also the mind as well as it is key for coordination
 - ✓ Yoga and its importance and usefulness in treatment of ailments

3. Mega State level events on International Day of Yoga on 21st June 2018

Nehru Yuva Kendra Sangathan (NYKS) organized State level events on the International Day of Yoga on 21st June 2018 in **11 States in India. Following activities were conducted.**

- **Learn and Practice Yoga Sessions** – The programmes were started with an **Introductory** session followed by Yoga Demonstration and Practice session by **youth** who were trained in Common Yoga Protocol.
- **Yoga Demonstration Sessions** - During the programme, at **11 State Capitals viz.** Jammu & Srinagar (Jammu & Kashmir), Lucknow, (Uttar Pradesh), Hoshiarpur (Punjab), Imphal (Manipur), Vishakhapatnam (Andhra Pradesh), Ranchi (Jharkhand), Bangalore (Karnataka), Bhubneshwar (Odisha), Pallakad (Kerala), Jaipur (Rajasthan), Kolkata-South (West Bengal) **29,105** trained youth demonstrated Yoga as per Common Yoga Protocol. **State wise progress report** of may be seen at **Annexure – I**.
- **Yoga Gurus Honored** – During the State Level programmes, eminent 104 Yoga Gurus were honored.

4. Yoga in Jammu & Kashmir including NE Region and Other Difficult Areas

In spite of militant threat in Kashmir Valley, the District Nehru Yuva Kendras with the active involvement of National Youth Volunteers and Youth Clubs carried out Yoga Demonstration Programmes in **Kupwara, Anantnag, Baramulla, Badgam and Pulwama**. Also, State level Mega programs were organized in **Srinagar** and **Jammu** in which more than **4916 youth** took part.

Besides, Yoga exercises were also conducted even in most difficult areas of **Andaman & Nicobar Islands, Leh, Nagaland, Mizoram, Manipur, Meghalaya, Arunachal Pradesh, Left Wing Extremist affected districts**.

5. Motivated Village Youth Clubs organized Yoga Camps

After attending the Neighbourhood Parliaments, the members of NYK affiliated Youth Clubs organized Yoga camps in their villages by mobilizing local resources. Interested members of Youth Clubs and villagers participated in Yoga Demonstration.

39,006 NYKs Village based Youth Clubs carried out Mass Yoga Demonstration in which **18,32,607** youth took part. During the program Honoring of Yoga Experts, talk by subject experts on Yoga and other activities in their respective villages by mobilizing local resources were conducted. The Yoga Day Celebration was attended by Gram Panchayat Pradhans, officials of Development Departments, NGOs, Social organizations, local villagers, etc.

6. Involvement of Public Representatives and Civil Administration

Hon'ble Governors, Chief Ministers, Central and State Ministers, Hon'ble MPs, MLAs/MLCs, Public Representatives, Yoga Gurus and other dignitaries; DM/DCs, Heads/ Representatives of State and District Administration, National Youth Organizations, NGOs, Social Organizations, and local citizens attended the activities across India. List of key dignitaries may be seen at **Annexure-II**.

7. Coverage by Electronic and Print Media and Photo Gallery

- Action photographs were placed on Face book of DG and NYKS website are placed at **Annexure-III**.
- Yoga functions at different levels were widely covered by print and electronic media. For ready reference Press Clippings may be seen at **Annexure-IV**.

State wise Report on Celebration of 4th International Day of Yoga 21st June, 2018

S. No.	Name of State	Neighbourhood Youth Parliament at Block Level Before 20 th June, 2018			Neighbourhood Youth Parliament at Block Level on 21 st June, 2018			District Level			Village Level			State Level		
		Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants
1.	Andhra Pradesh	78	24	1930	143	61	4893	5	5	4097	935	935	55165	1	1	2600
2.	Arunachal Pradesh	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
3.	Assam	100	68	5442	148	127	10168	27	7	2175	396	292	11388	0	0	0
4.	Bihar	233	57	4860	301	149	18920	38	13	6501	5150	4873	287507	1	1	550
5.	Chhattisgarh	90	49	4701	42	32	2630	7	7	2764	588	398	17114	0	0	0
6.	Delhi	18	12	1045	9	7	595	5	5	1599	180	152	8512	0	0	0
7.	Gujarat	160	95	8886	65	51	40381	11	9	1858	892	529	22747	0	0	0
8.	Haryana	78	17	2318	32	8	1031	28	21	6886	512	477	25281	0	0	0
9.	Himachal Pradesh	50	50	4978	28	28	2266	5	5	2813	1638	1245	33575	0	0	0
10.	J&K	41	2	163	68	4	389	14	7	2642	433	233	8388	2	2	2703
11.	Jharkhand	108	30	2508	140	42	4515	8	6	2062	1296	1050	56700	1	1	2583
12.	Karnataka	70	70	7317	106	120	11393	7	7	72310	2190	1587	84111	1	1	2500
13.	Kerala	47	18	1420	116	47	5207	6	6	4066	975	890	45390	2	2	3100
14.	Madhya Pradesh	110	99	7923	194	150	12196	48	18	6830	3820	3820	212098	0	0	0

S. No.	Name of State	Neighbourhood Youth Parliament at Block Level Before 20 th June, 2018			Neighbourhood Youth Parliament at Block Level on 21 st June, 2018			District Level			Village Level			State Level		
		Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants	Target Set	Target Achieved	Participants
15.	Maharashtra	256	141	14251	125	83	10220	14	14	23030	3351	2351	82285	0	0	0
16.	Manipur	27	21	3587	16	8	2921	5	5	2583	102	102	4550	1	1	2764
17.	Meghalaya	15	0	0	24	1	73	2	2	148	5	5	120	0	0	0
18.	Mizoram	12	12	1326	15	14	1547	8	2	162	102	102	2006	0	0	0
19.	Nagaland	40	38	3453	34	33	4505	11	2	470	421	349	10121	1	1	2437
20.	Odisha	120	96	7680	195	126	10080	30	7	3107	4710	4710	241300	1	1	2618
21.	Punjab	118	83	6854	26	9	736	19	19	12036	2706	1934	114106	1	1	3023
22.	Rajasthan	129	34	4256	115	16	1649	10	4	1417	1655	1655	85934	1	1	110
23.	Sikkim	16	11	1471	14	10	970	4	1	150	0	0	0	0	0	0
24.	Tamil Nadu & Puducherry	328	474	35923	63	63	5043	13	12	7447	5865	3834	226206	0	0	0
25.	Telangana	45	9	827	75	14	4630	10	3	2015	414	382	20246	0	0	0
26.	Tripura	38	11	884	17	7	696	4	3	934	324	219	11607	0	1	1117
27.	Uttar Pradesh	508	175	14086	290	121	9680	24	22	9031	3859	1846	108914	1	1	3000
28.	Uttarakhand	30	1	113	65	22	1972	3	2	636	385	195	10140	0	0	0
29.	West Bengal	148	25	2150	220	30	2974	20	16	4733	990	841	47096	0	0	0
	Total	3013	1722	150352	2686	1383	172280	386	230	184502	43894	35006	1832607	14	15	29105

Nehru Yuva Kendra Sangathan

**Mega State Level and other important locations of Yoga Demonstrations
on 21st June, 2018 where VIPs attended Programmes, Yoga Gurus Honoured
and extent of Participation**

S. No.	Name of State	Venue	VIPs attended Programme		Collaborating Agencies	No. of Yoga Gurus Honoured	Participants
			Chief Guest	Guest of Honour			
1.	Himachal Pradesh	Shimla	Shri Acharya Dev Vrat, Hon'ble Governor of Himachal Pradesh	Shri Jagat Prakash Nadda, Hon'ble Minister of Health and Family Welfare, Govt. of India Shri Jai Ram Thakur, Hon'ble Chief Minister of Himachal Pradesh	AYUSH District Administration	3	2000
		Mandi	Shri Ram Swaroop Sharma, Hon'ble Member of Parliament (LS)		AYUSH District Administration	3	1238
		Solan	Shri Virender Kashyap, Hon'ble Member of Parliament (LS)		AYUSH District Administration	2	577
2.	Haryana	Panchkula	Prof. Kaptan Singh Solanki, Hon'ble Governor of Haryana	Shri Gian Chand Gupta, Hon'ble MLA, Panchkula Smt. Latika Sharma, MLA, Kalka	State Government	16	3347
3.	Bihar	Patliputra Sports Complex, Patna	Shri Satya Pal Malik, Hon'ble Governor of Bihar	Shri Ravi Shankar Prasad, Hon'ble Minister of Law & Justice, IT and Electronics, Govt. of India	Patanjali AYUSH NCC & NSS	1	550
		Purnia	Shri Amarnath Tiwari, Hon'ble Member of Parliament (LS)		District Administration	2	425
		Jamui	Shri Chirag Paswan, Hon'ble Member of Parliament (LS)		District Administration	1	380
		Buxar	Shri Ashwini Kumar Choubey, Hon'ble Minister of State for Health and Family Welfare, Govt. of India		Patanjali District Administration	2	497

S. No.	Name of State	Venue	VIPs attended Programme		Collaborating Agencies	No. of Yoga Gurus Honoured	Participants
			Chief Guest	Guest of Honour			
4.	Nagaland	IG Stadium, Kohima	Shri P.B. Acharya, Hon'ble Governor of Nagaland		Bharat Scouts & Guides NGOs	2	2437
5.	Karnataka	The Art of Living International Centre, Kanakapura Road, Bangalore	Shri D. V. Sadananda Gowda, Hon'ble Union Minister of Statistics, Govt. of India	Shri P.C. Mohan, Hon'ble Member of Parliament (LS)	Art of Living NSS Regional Centre NCC Bharat Scouts and Guides AYUSH	03	2500
		Bijapur	Shri Ramesh Chandappa Jigajinagi, Hon'ble Minister of Drinking Water & Sanitation, Govt. of India		District Administration	2	1580
		Mysore	Shri Pratap Simha, Hon'ble Member of Parliament (LS)	Nayima Sultana, President Zilla Parishad	District Administration and AYUSH	70	65000
		Mangalore	Shri Nalin Kumar Niranjan Shetty Kateel, Hon'ble Member of Parliament (LS)		District Administration AYUSH	2	145
6.	Punjab	Police Lines, Hoshiarpur	Shri Vijay Sampla, Hon'ble MOS Social Justice & Empowerment, Govt. of India	Shri Vipul Ujjwal, IAS, Dy. Commissioner, Hoshiarpur	AYUSH Distt. Admn. NSS & NCC Art of Living	6	1655
7.	Rajasthan	Udaipur	Shri Arjunlal Meena, Hon'ble Member of Parliament (LS)	Shri Phool Singh Meena, Hon'ble MLA	State Govt. of AYUSH Ministry	1	295
		Bharatpur	Shri Vishvendra Singh, Hon'ble MLA	Col. Omveer Singh, Zilla Sainik Board	Patanjali	3	304
		Churu	Shri Rajendra Singh Rathore, Hon'ble MLA	Shri Mukunand Agarwal, District Collector	Patanjali	3	476
		Bundi	Sh. Ashok Dogra, Hon'ble MLA	Smt. Sonia Gujjar, Zilla Pramukh	Patanjali	2	300

S. No.	Name of State	Venue	VIPs attended Programme		Collaborating Agencies	No. of Yoga Gurus Honoured	Participants
			Chief Guest	Guest of Honour			
8.	Maharashtra	Nagpur	Shri Ashish Ranjeet Deshmukh, Hon'ble Member of Parliament (LS)		Patanjali	14	1227
		Akola	Shri Sanjay Shamrao Dhotre, Hon'ble Member of Parliament (LS)	Shri Govardhan Mangilal Sharma, Hon'ble MLA	Patanjali	6	3500
		Osmanabad	Shri Sujitsingh Thakur, Hon'ble MLC		District Administration	2	508
9.	Jammu and Kashmir	Gindun Stadium of Sports Council Srinagar Central University, Jammu	Shri Surinder Ambar-dar, MLC, Srinagar		J&K AIDS Control Society BS&G Youth Service and Department. BS&G NSS, Central University Vichar Kranti Manch	06	2703
10.	Manipur	ISBT Complex	Shri Thokchom Radheshyam Singh, Hon'ble Minister of Education, Govt. of Manipur Shri Nahakpam Indrajit Singh, Hon'ble MLA, Govt. of Manipur Shri Mayanglambam Rameshwar Singh, Hon'ble MLA		Para Vidya Sanstha, Manipur Unit	02	2764
		Imphal (East)	Dr. Thokchom Meinya, Hon'ble Member of Parliament (LS)		District Administration	3	298

S. No.	Name of State	Venue	VIPs attended Programme		Collaborating Agencies	No. of Yoga Gurus Honoured	Participants
			Chief Guest	Guest of Honour			
11.	Kerala	Indoor Stadium Palakkad	Adv. K. Santhakumar District Panchayath President		District Administration, NCC, NSS, Scout	07	3100
		Alppuzha	Shri Kodikunnil Suresh, Hon'ble Member of Parliament (LS)	Smt. U Prathibha Hon'ble MLA	District Administration	2	265
12.	West Bengal	Taltula Ground Jothpur Park, Kolkatta South	Smt. Roopa Ganguly, Hon'ble Member of Parliament (LS)		Youth Clubs	5	1000
13.	Jharkhand	Ranchi	Shri Arjun Munda, Hon'ble Former Chief Minister of Jharkhand Shri Ram Tahal Choudhary, Hon'ble Member of Parliament (LS)		AYUSH District Administration	4	2583
14.	Andhra Pradesh	Swarna Bharathi Indoor Stadium, Vishakhapatnam	Dr K Hari Babu, Hon'ble Member of Parliament (LS) Shri Vishnu Kumar Raju, MLA (North) Vishakhapatnam Shi Basant Kumar, IAS, Vice Chairman-VUDA	Shri Kamineni Srinivas, Ex Health Minister, Govt. Of AP. Shri Pravin Kumar, IAS, District Collector Prof. G Nageswara Rao, Vice Chancellor, Andhra University	Dist. Administration AYUSH Andhra University VUDA, GVMC, SAAP, DEO	15	2600
15.	Telangana	Karim Nagar	Shri Vinod Kumar, Hon'ble Member of Parliament (LS)	Shri Srinivas Goud, Hon'ble MLA	District Administration	2	458
16.	Delhi	North West	Sh Parvesh Verma, Hon'ble Member of Parliament (LS)	Sh. Satya Pal Malik	Patanajli	2	500

S. No.	Name of State	Venue	VIPs attended Programme		Collaborating Agencies	No. of Yoga Gurus Honoured	Participants
			Chief Guest	Guest of Honour			
17.	Uttar Pradesh	Farukhabad	Sh. Mukesh Rajput Hon'ble Member of Parliament (LS)		District Administration	8	413
		Muzafarnagar	Sh Sanjeev Kumar Balyan, Hon'ble Member of Parliament (LS)		District Administration	11	522
		Agra	Sh Ram Shankar Katheria, Hon'ble Member of Parliament (LS)	Dr G S Dharmesh, Hon'ble MLA Sh K Ram Mohan, Hon'ble MLA	District Administration	2	152
		Basti	Sh Harish Dwivedi, Hon'ble Member of Parliament (LS)		District Administration	3	194
		Pratapgarh	Sh Swantantar Dev Singh, Hon'ble Minister for Transport, Govt. of UP	Ms. Swati Singh, Hon'ble Minister for Women and Child Welfare, Govt. of UP	District Administration	8	1938
		Meerut	Sh Sidharath Singh, Hon'ble Minister for Health, Govt. of UP		District Administration	7	402
		Deoria	Sh Surya Pratap Sahi, Hon'ble Minister for Agriculture, Govt. of UP		District Administration	3	327
		Luncknow	Justice Sudhir Saxena, Chairman UP Public Service Tribunal	Sh Bikram Singh, Hon'ble MLA	NSS Patanajli Rashtriya Sanskrit Sansthan	3	3000
18	Tamil Nadu	Youth Hostel, Puducherry	Sh M Radha Krishnan, Hon'ble Member of Parliament (LS)	Sh Lakshmi Narayana, Hon'ble MLA	Patanajli District Administration	1	200

ACTION PHOTOGRAPHS ▶▶▶



ANDAMAN & NICOBAR



ANDHRA PRADESH



ARUNACHAL PRADESH



ASSAM



BIHAR



CHHATTISGARH



DELHI



GUJARAT



GOA



HARYANA



HIMACHAL PRADESH



JAMMU & KASHMIR



JHARKHAND



KARNATAKA



KERALA



MADHYA PRADESH



MAHARASHTRA



MANIPUR



MEGHALAYA



MIZORAM



NAGALAND



ODISHA



PUNJAB



RAJASTHAN



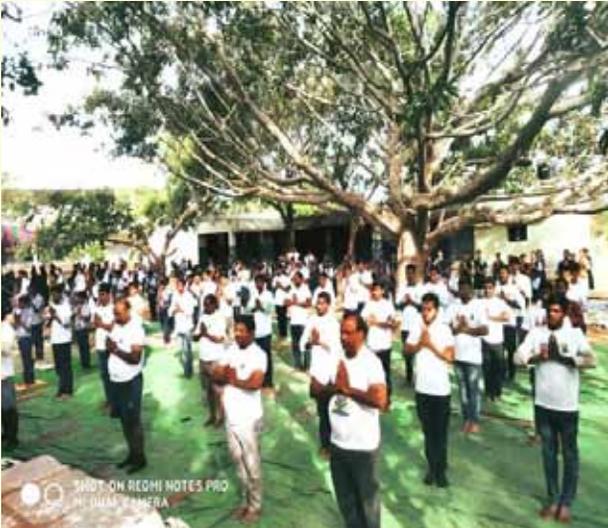
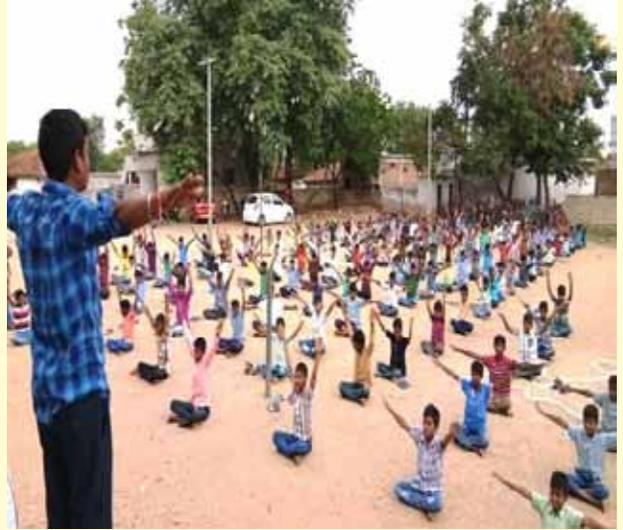
SIKKIM



TAMILNADU



TELANGANA



TRIPURA



UTTAR PRADESH



UTTRAKHAND



WEST BENGAL





PRESS CLIPINGS ▶▶▶

NYK organizes International Yoga Day



**Reyaz Rashid
Baramulla**

To mark International Yoga Day- 2018, Nehru Yuva Kendra (NYK), District Baramulla, in collaboration with Districts Youth Service and Sports and National Cadet Corps organized a yoga session to commemorate the

4th International Yoga Day. Professional Yoga Instructors conducted the yoga session attended by youth from various youth clubs of NYK in the district.

“Yoga keeps you physically fit and mentally strong,” said District Coordinator NYK Baramulla, Hakeem Abdul Aziz

Speakers on the occasion he highlighted the importance of Yoga and its vital role in enriching life by keeping us healthy not only physically but mentally as well.

On the occasion, various kinds of ‘Asanas’ (exercises) were performed by experts and students.

Name of the News Paper:HANS INDIA

Date of Publication:22-06-18	Language:Telugu
Eduition: Chittoor	State & Dist: Andhra Pradesh-Chittoor.

PRESS RELEASE ON 4TH INTERNATIONAL DAY OF YOGA CELEBRATED AT CHITTOOR ON 21ST JUNE 2018



नेयुके में युवक युवतियों ने किया सामूहिक योग

कांकेर. नेहरू युवा केन्द्र कांकेर के द्वारा आज विश्व योग दिवस के अवसर पर महाराणा प्रताप राजपूत भवन में युवा युवतियों के साथ योग किया गया, योग शिक्षक के रूप में लव साहू ने योग कराये, इस अवसर पर जिला युवा समन्वयक जयप्रकाश शर्मा, क्षेत्रीय प्रचार अधिकारी स्वेता शर्मा, जिला बाल कल्याण समिति अध्यक्ष गजानंद जैन, लेखापाल धन्नु लाल साहू सहित राष्ट्रीय युवा कोर मनीषा रावटे, किशन साहू, शीतल जैन, दुर्गाप्रसाद जैन, संध्या साहू उपस्थित रहे.



पड़ोस युवा संसद कार्यक्रम का हुआ आयोजन



कुरुद(प्रखर)। सिहाद में युवा कार्यक्रम खेल मंत्रालय भारत सरकार द्वारा पड़ोस युवा संसद कार्यक्रम का आयोजन चला रही विभिन्न योजनाओं को लेकर किशोरों एवं युवाओं के विकास के राष्ट्रीय कार्यक्रमान्तर्गत नेहरू युवा केंद्र धमतरी के तत्वाधान में बैटी बधाओ-बैटी पढ़ाओ, रवश्च भारत-सुंदर भारत, कौशल विकास योजना, योग, नोटबंदी एवं कैशलेस ऑनलाइन ट्रांजेक्शन जैसे विभिन्न मुद्दों को

लेकर तिजेस साहू कुरुद के नेतृत्व में पड़ोस युवा संसद कार्यक्रम का आयोजन किया गया।

इस कार्यक्रम में मुख्य अतिथि के रूप में जनपद उपाध्यक्ष छत्रपाल बैस, सरपंच प्रतिनिधि अशोक बैस कोमल मिश्रा, धीरज दीमान, हिरेंद्र साहू, बसंत बैस, विमला साहू, नंदनी पुव, रोशनी साहू मौजूद रहे। मुख्य वक्ता के रूप में जनपद उपाध्यक्ष छत्रपाल बैस ने युवाओं को इन कार्यक्रमों

में बढ़-बढ़ कर सहयोग करने और लोगों तक इन योजनाओं के बारे में जानकारी पहुंचाने तथा उन्हें जागरूक करने का आवाहन किया। इस कार्यक्रम में सिहाद के लगभग 60 युवाओं ने भाग लिया। इसके अलावा विभिन्न संगठनों एवं युवा मंडलों महिला कामन्डो के कार्यकर्ता समेत नेहरू युवा केंद्र के तिजेस साहू, धर्मंद कुमार साहू, गर्जेंद्र बैस, लीमरा चाकुर, अमन पटेल, रितेश बैस एवं ग्रामीण उपस्थित थे।

अंतर्राष्ट्रीय योग दिवस के पहले रन फॉर योगा का आयोजन

नगांव, 17 जून (ख.सं.)। अंतर्राष्ट्रीय योग दिवस की तैयारी में नगांव जिला प्रशासन जुटा हुआ है। रन फॉर योगा अर्थात योगा के लिए दौड़ कार्यक्रम में आज नगांव पुलिस रिजर्व से कार्यक्रम का आयोजन किया गया। इसके आयोजन में आयुष मिशन, राज्जिक एवं जिला प्रशासन तथा नेहरू युवा केंद्र, बहाई, असम एवं नगांव योग संस्था, पतंजलि समिति आदि के सहयोग से किया जा रहा है। आज सुबह 6 बजे सभी समिति के सदस्यगण पुलिस रिजर्व फिल्ड में एकत्र हुए और इसके साथ ही नगांव सदर विधायक रुपक शर्मा, जिला उपायुक्त विश्वजित पेंगु, पुलिस अधीक्षक शंकरदत्त रायमेधी, अन्य प्रशासन के आला अधिकारी ने भी इस दौड़ में शामिल होकर अंतर्राष्ट्रीय योग दिवस का आगाज किया। हाथों में योगा के स्लोगन भी लिखे हुए थे। इस मौके पर योग संस्था के कई शिक्षार्थियों ने योगा का भी प्रदर्शन किया। लोगों में इस दिवस को लेकर खासा उत्साह बरकरार है।



તા. ૨૧-૬-૨૦૧૮, ગુરુવાર

ગાંધીનગર સમાચાર

યોગ દિવસ નિમિત્તે નહેરૂ યુવા કેન્દ્ર દ્વારા આજે યોગ નિદર્શન અને યુવા સંમેલન

ગાંધીનગર, તા. ૨૦ નેહરુ યુવા કેન્દ્ર, ગાંધીનગર દ્વારા આયોજિત દિવસ ની ઉજવણી નિમિત્તે વિશાલા નગર તાલુકામાંથી યુવા પાલ્સામેન્ટનું આયોજન કરી યોગ નિદર્શન કાર્યક્રમો આયત્ત છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે.

નેહરુ યુવા કેન્દ્ર નડિયાદ દ્વારા

નેહરુ યુથ પાર્લામેન્ટ એન્ડ યોગા ટ્રેનીંગ કાર્યક્રમ યોજાયો

નેહરુ યુવા કેન્દ્ર - નડિયાદ દ્વારા નેહરુ યુથ પાર્લામેન્ટ એન્ડ યોગા ટ્રેનીંગ કાર્યક્રમો આયત્ત છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે.

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નેહરુ યુવા કેન્દ્ર ને કિયા યુવા સંસદ કા આયોજન

માયાપુરી (સંભવદત્ત) । યોગ આધારિત સ્વંડ સ્તરીય પડ્લેસ યુવા સંસદ કા આયોજન નેહરુ યુવા કેન્દ્ર પરિચમ જિલા (નાંગલોઈ) દ્વારા 20 જુન કો સંજાન વસ્તી માયાપુરી મેં, સંયમ યુવા ક્લબ કો દ્વારા ઈવં શિવાજી યુથ ક્લબ કો માધ્યમ સં શિવાજી પુન્કલેવ મેં ઈર 21 જુન કો આગલ યુવા મંડલ, વસ્તી વિકાસ કેન્દ્ર જ્વાલપુરી મેં કિયા ગયા. ઉન્નત કાર્યક્રમો મેં મુજ્જ અંતિધ સંબોધિત ક્ષેત્ર કો નિગમ પાઈટ શ્રોમતી સુખમ યોગદ્વા ઈવં શિવાજી પાંડેય સહી. શિવાજી પાંડેય ને યુવાઓ કો સાથ યોગ કિયા. ઉન્હોને યુવાઓ કો ઉદ્બોધિત કરતે હુઈ વતાયા કિ વર્તમાન પરિસ્થિત મેં જહાં આજ યુવા માનસિક તનાવ જાનિત યોગારિયો સે જુજ રહા હે, ઉસે યોગ દ્વારા કેસે નિર્બોધિત કિયા જા સકતા હૈ। કાર્યક્રમ મેં અંતિધ રહે નરેન્દ્ર બિન્દલ ને કહા કિ

ભારત એક આધ્યાત્મિક ભૂમિ હૈ ઈર યોગ હમરી પ્રાચીન વિશા હૈ જો હમારે ક્રઢધિ - મુનિયો કો દેન હૈ. સ્વસ્થ શરીર મેં સ્વચ્છ મન કા નિવાસ હોતા હૈ, જો યોગ દ્વારા સંપન્ન હૈ. ઉન્હોને કહા કિ સ્વસ્થ ઈવં સુખો જીવન કી સંકલ્પના કો સાકાર કર રાટ્ટ નિર્માણ મેં યુવા અપના યોગદાન દે સકતે હૈ। યોગાચાર્ય સંજીવ સિંપલ દ્વારા યોગ કરાયા ગયા ઈર યોગ કો મહત્ત પર પ્રકાશ ક્રાલા ગયા। નેહરુ યુવા કેન્દ્ર કો જિલા યુવા સમન્વયક અજય કુમાર શર્મા ને ધો યુવાઓ કો સંબોધિત કિયા તથા યોગ કો દિનચર્યા મેં અપનાને કો સાથ-સાથ સપ્લાઈ કો મહત્ત ઈવં સ્વસ્થ જીવન પર ઈવં કોઈ ગઈ। હમ કાર્યક્રમ કો આયોજક ક્લબ કો અધ્યક્ષ ઈવં મંચ સંચાલક રમાશંકર દ્વારા સમી અંતિધિયો કા ધન્યવાદ જાપિત કિયા ગયા। હમ કાર્યક્રમ કો આયોજન મેં શ્રોમતી નીત, ધર્મન્દ, જિતેન્દ, અંજલિ, પ્રોતિ ઈર પૂજા કા યોગદાન ધો સરાહનીય રહા।

યોગ આધરિત સ્વંડ સ્તરીય પડ્લેસ- યુવા સંસદ-કા આયોજન નેહરુ

નેહરુ યુવા કેન્દ્ર - નડિયાદ દ્વારા નેહરુ યુથ પાર્લામેન્ટ એન્ડ યોગા ટ્રેનીંગ કાર્યક્રમો આયત્ત છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. આ અને અન્યકાર્યક્રમોનું આયોજન કરવામાં આવેલ છે.

ગાંધીનગર

THURSDAY, 21-06-2018

સંદેશ

સાચવણ કાર્યક્રમ

- સાચવણ કાર્યક્રમ આજે ગાંધીનગર સંસદના ઈલાકા ઈલાકા પાસે આયત્ત કરવામાં આવેલ છે. આ કાર્યક્રમમાં સાચવણ કાર્યક્રમો આયત્ત કરવામાં આવેલ છે. આ કાર્યક્રમમાં સાચવણ કાર્યક્રમો આયત્ત કરવામાં આવેલ છે.
- સાચવણ કાર્યક્રમ આજે ગાંધીનગર સંસદના ઈલાકા ઈલાકા પાસે આયત્ત કરવામાં આવેલ છે. આ કાર્યક્રમમાં સાચવણ કાર્યક્રમો આયત્ત કરવામાં આવેલ છે. આ કાર્યક્રમમાં સાચવણ કાર્યક્રમો આયત્ત કરવામાં આવેલ છે.
- સાચવણ કાર્યક્રમ આજે ગાંધીનગર સંસદના ઈલાકા ઈલાકા પાસે આયત્ત કરવામાં આવેલ છે. આ કાર્યક્રમમાં સાચવણ કાર્યક્રમો આયત્ત કરવામાં આવેલ છે. આ કાર્યક્રમમાં સાચવણ કાર્યક્રમો આયત્ત કરવામાં આવેલ છે.

యోగదినం ఆయుష్షు హేచ్ఛ



చిత్తూరు యోగ కేంద్రం వారు ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు.

• **ఆంధ్రభూమి** ద్వారా యువయువ వాళ్ళకు యోగ ప్రామాణ్యం ద్వారానే వీరేమీటిని చేరగజేయగలగా ఉంటుంది అంటూ యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు.

చిత్తూరు యోగ కేంద్రం వారు ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు. యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు.

యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు. యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు.

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Neeru Yuva Kendra Sangathan
23 Jun, 2018 Page No. 1
Powered by: eSangathan.com

NEHRU YUVA KENDRA-CHITTOOR- A.P.
Name of the News Paper: Andhra Bhoomi

Date of Publication: 22-06-18	Language: Telugu
Eduion: Chittoor	State & Dist: Andhra Pradesh Chittoor.

PRESS RELEASED ON 4TH INTERNATIONAL DAY OF YOGA CELEBRATED AT CHITTOOR ON 21ST JUNE 2018



యోగ దినోత్సవం నిర్వహించారు. యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు.

యోగసాధనతో మానసిక ప్రశాంతత

ఆంధ్రభూమి ద్వారా యువయువ వాళ్ళకు యోగ ప్రామాణ్యం ద్వారానే వీరేమీటిని చేరగజేయగలగా ఉంటుంది అంటూ యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు. యోగిలు సాక్షికి మాటలు చెప్పారు. ఆయిష్షు హేచ్ఛ కార్యక్రమం నిర్వహించారు.

శాసక వృథు చవాణ్ ఆభిమత

బారికి, సమాధానకే యోగ ఆవశ్య

ప్రజావాణి వార్త

ఔరూద్: 'యోగదినం ఆరొగ్గ వంత సమాజ క్షులు సాధ్య' అందు శాసక వృథు చవాణ్ కేళిదరు.

తాల్లూకిన సంకపుర అనుభవ మంజుష గురుకుల శాలేయల్లి గురువార అంతరరాష్ట్రీయ యోగ దినాచరణే కాయక్రమంలో మాతనాడిద అవరు, 'ఁదినన కాలద ఖుషి-మునిగలు యోగ మత్తు అధ్యాత్మద మేలే బదుకు రూపిషిశూంధిద్దరు. ప్రధానిసరలంద్ర మోది అవరు ఆరొగ్గవంత దేశ కట్టువల్లి ముందాలొజన క్షూంధిద్దారే. ఈ కారణ దేశంలో స్వచ్ఛతా అభియాన ఫలొషిషిదరు. ఇడిల దేశవే ఈగ మోది అవర ఈ అభియానకే క్షే జూడిషిషిద' అందరు. గురుబసవ శక్ష్టదేవరు



ఔరూద్ తాల్లూకిన సంకపురంలో గురువార కాయక్రమంవన్ను శాసక వృథు చవాణ్ ఁద్యూటిషిదరు. భాల్కి గురుబసవ వక్ష్టదేవరు ఇద్దరు

మాతనాడిదరు. జిల్లా పంజాయితీ సదశ్శ మారుతి చవాణ్, ధురిణ రమేశ దేశవకత, సజీన్ రాఠొలడ, తాల్లూకు ఆరొగ్గాధికారి డా. మకేశ చిరొదార, డా. కల్లశ్శ మజగి ఁజస్కరిద్దరు. జానపద పరిషత్ తాల్లూకు ఫకతద అధ్యక్ష సంజుకుమార అధ్యక్షత వఱిషిదరు. రాజకుమార క్షేజ్జాళి శ్శాగిషిదరు. మారుతి గాదగి నిరొషిషిదరు. రియాజ్జూతా మంధిషిదరు. కాయక్రమద నంతర యోగ శిక్షక ఓంశ్శకాశ, బసవరాజ పాటిల, త్రియా పాటిల అవరు యోగ కేళిశూంధురు.

EARLY TIMES, JAMMU
FRIDAY, JUNE 22, 2018



International day of YOGA was observed at the IGNOU Regional Centre, Jammu, like every year, with great enthusiasm. Vikram Singh, Regional Director I/c, alongwith Dr. Sandeep Gupta, ARD, S. Tejinder Pal Singh, AR, and other staff members participated in the programme and performed different Yog Asanas and Mudras under guidance of the Smt. Mohini Bhat. All staff members pledged to make Yoga the way of life.

P-4 DOGRA HERALD, JAM

FRIDAY, JUNE, 22, 2018

J&K State AIDS Control Society celebrates 4th International Yoga Day

**DH CORRESPONDENT
JAMMU, JUNE 21**

4th International Yoga Day which is being observed worldwide was also celebrated throughout the State today in which around 2000 youth participated. Two functions in this regard; one in Jammu and the other in Srinagar were held today wherein J&K State AIDS Control Society participated in collaboration with Nehru Yuva Kendra Sangathan, Jammu Srinagar branches who organized the function. Chief Guest of the function Dr. Devinder Kumar, Manyal, former Minister for Health & Medical Education Department, J&K emphasised upon the significant role of Yoga in the healthy development of youth and explained the audience about the importance of yoga in the overall wellbeing of a person. He also awarded the youth, who are practicing yoga on sustained basis and assured

all help for the cause of yoga and he also appealed the youth to practice yoga on regular basis for their physical, mental, emotional and spiritual health especially in these times of stress. Some of the experts on yoga gave demonstration of the simplified yoga exercises which included the participants from Jammu University and Central University. Participants drawn from the different rural areas of the state actively participated in the event and the appealing exercises captivated the youth. A team of J&K State AIDS Control Society, Jammu Office comprising of Dr. Yashpal Karsyal I/c Jammu Camp Office, Mr. Vivek Sharma, Chief Accounts Officer, Ms. Deepika B. Thakur, Deputy Director (IEC), Mr. Rishesh Khajuria, Assistant Director (IEC) and Mr. Rajesh Sharma, Assistant Director (Youth) also participated in this event in joint collaboration with Nehru Yuva

Kendra Sangathan, Jammu. Mrs. Deepika B. Thakur, Deputy Director (IEC), J&K State AIDS Control Society speaking on the occasion dwelt about the role of yoga in context of combating drug abuse and HIV/AIDS. She emphasized the role of yoga in mitigating stress, which is the root cause of many problems. Mrs. Thakur appealed the youth to disseminate the awareness about the meaningful role of yoga in context of drug addiction and HIV/AIDS Prevention. Other dignitaries present on the dais included Prof. Indu Aima, Former Director, IMPA, Dr. D.L. Choudhary, Dr. K.C. Sharma, Mr. S.S. Kashyap, Director, Nehru Yuva Kendra Sangathan (J&K), Dr. Ravi Kumar, Registrar, Central University of Jammu, Sh. S.K. Jain, Ms. Renu Thaper, Ms. Konika Bhagat, Ms. Ranjana Verma, Mr. Sanjeev Kumar and Mr. Anil Raina.



അന്താരാഷ്ട്ര യോഗിനികരണങ്ങൾക്കായി പാലക്കാട് ഇൻഡോർ സ്റ്റേഡിയത്തിൽ നടന്ന സംസ്ഥാനതല മെഗാ യോഗപ്രദർശനത്തിൽ നിന്ന്

അന്താരാഷ്ട്ര യോഗിനികരണം

പാലക്കാടും ശുഭ്രവസ്ത്രമണിഞ്ഞു

പാലക്കാട് അന്താരാഷ്ട്ര യോഗിനികരണത്തിൽ പങ്കെടുത്തു. ശുഭ്രവസ്ത്രമണിഞ്ഞു പരിപാടിയുടെ ഭാഗമായി നെഹ്റു യുവകേന്ദ്രയുടെയും ജില്ലാ ഭരണകൂടത്തിന്റെയും ആഭിമുഖ്യത്തിൽ സംഘടിപ്പിച്ച യോഗപ്രദർശനത്തിൽ

കൂട്ടികളും മുതിർന്നവരുടെയും 2,000ത്തോളം പേരാണ് യോഗം ചെയ്തത്. എൻ.സി.സി., എൻ.എസ്.എസ്., വിവിധ കൂട്ടായ്മകൾ, സ്റ്റുഡന്റ് പോലീസ് യൂണിറ്റുകൾ വിവിധ വിഭാഗങ്ങളും യോഗാജ്ഞാതരും പങ്കെടുത്തു.

ഇൻഡോർ സ്റ്റേഡിയത്തിൽ ജില്ലാ പഞ്ചായത്ത് പ്രസിഡൻ്റ് കെ. ശാന്തകുമാരി ഉദ്ഘാടനം ചെയ്തു. യോഗ പരിശീലകൻ ബാലരാജൻ യോഗാജ്ഞാതരായ നേതൃത്വം നൽകി. നെഹ്റു യു

വകേന്ദ്ര സംസ്ഥാന ഡയറക്ടർ എസ്. സതിഷ്, സ്വാമി നിത്യാനന്ദ സരസ്വതി, വിജയോദ്ദി സർഗുരു ആശ്രമം അധ്യക്ഷൻ കൃഷ്ണമണി തമ്പുരാൻ സംബന്ധിച്ചു. ചടങ്ങിൽ വിവിധ യോഗാചാര്യന്മാരും പങ്കെടുത്തു.

MANGALAM
22.06.2018

പാലക്കാട് മെഗാ യോഗ പ്രദർശനം

പാലക്കാട് അന്താരാഷ്ട്ര യോഗ ദിനാഘോഷങ്ങളുടെ ഭാഗമായി നെഹ്റു യുവകേന്ദ്ര സംഘടിപ്പിച്ച മെഗാ യോഗ പ്രദർശനത്തിൽ 3000ത്തോളം യുവജനങ്ങൾ പങ്കെടുത്തു. പാലക്കാട് ഇൻഡോർ സ്റ്റേഡിയത്തിൽ രാവിലെ 6.30ന് ജില്ലാ പഞ്ചായത്ത് പ്രസിഡൻ്റ് കെ. ശാന്തകുമാരി ഉദ്ഘാടനം ചെയ്തു. നെഹ്റു യുവ കേന്ദ്ര ജില്ലാ യൂത്ത് കോർഡിനേറ്റർ എ. അനിൽകുമാർ അധ്യക്ഷനായി. മുതിർന്ന യോഗാചാര്യന്മാരായ മലയാളം ശിവാനന്ദ ആശ്രമം സ്വാമി നിത്യാനന്ദ സരസ്വതി, പിറ്റിൽ വിജയോദ്ദി സർഗുരു ആശ്രമം അധ്യക്ഷൻ എ. സരസ്വതി നെഹ്റു യുവ കേന്ദ്ര സംസ്ഥാന ഡയറക്ടർ എസ്. സതിഷ് ആദിപ്ത. എൻ.എസ്.എസ്., സ്റ്റുഡൻ്റ് പോലീസ് കോർപ്പസ്, സർക്കാർ ആൻഡ് ഡെപ്യൂട്ടി സർക്കാർ കോളേജ് വിദ്യാർത്ഥികൾ, നെഹ്റു യുവ കേന്ദ്ര യൂത്ത് ക്ലബ്ബ് അംഗങ്ങൾ എന്നിവർ പങ്കെടുത്തു.



പാലക്കാട് ഇൻഡോർ സ്റ്റേഡിയത്തിൽ നടന്ന അന്താരാഷ്ട്ര യോഗാ ദിനാഘോഷം.

പാലക്കാട് അന്താരാഷ്ട്ര യോഗിനികരണത്തോടു ബന്ധിച്ച് കേന്ദ്ര ഹിൽസ് പബ്ലിസിറ്റി ഡയറക്ടറോദ്ദിന്റെ ആഭിമുഖ്യത്തിൽ നെഹ്റു യൂത്ത് ക്ലബ്ബ് പാലക്കാട് യോഗ പ്രദർശനവും സംഘടിപ്പിച്ചു. നെഹ്റു ഗംഗോത്രി ഇംഗ്ലീഷ് മീഡിയം സ്കൂളിൽ സംഘടിപ്പിച്ച പരിപാടിയിൽ വിദ്യാർ

ഥികളും അധ്യാപകരും പങ്കെടുത്തു. പാലക്കാട് ഹിൽസ് പബ്ലിസിറ്റി ഓഫീസർ എ. സി. സാജിനാഥ്, ഗംഗോത്രി ട്രസ്റ്റ് സെക്രട്ടറി ഡോ. പി.ആ. രാമനാഥൻ പ്രസംഗിച്ചു. വാളയാർ മലബാർ സിമെന്റ് ലൈബ്രറി, റിക്രീയേഷൻ ക്ലബ്ബ്, ലെഡിസ് ക്ലബ്ബ് എന്നിവയുടെ ഉന്നതന്മാരുടെ അന്താരാഷ്ട്ര യോഗാ ദിനാഘോഷവും യോഗാ പരിശീലനവും സംഘടിപ്പിച്ചു. മലബാർ സിമെന്റ് ഡെപ്യൂട്ടി മാനേജർ രാമനാഥൻ ഉദ്ഘാടനം ചെയ്തു.

ഡോ. പി.സി. എലിയാജ് മുഖ്യപ്രഭാഷണവും യോഗ പരിശീലനവും നടത്തി. മുറമൂട് ബി.സി. അധ്യക്ഷനായി. മലയാള സെക്രട്ടറി പ്രജിക്ട് തോട്ടത്തിൽ സ്വാഗതവും റിക്രീയേഷൻ ക്ലബ്ബ് സെക്രട്ടറി അരുൺ നമ്പിയും പാഞ്ചായത്ത് ഡി.പി. വിനീത്, ആസാൻ നേതൃത്വം നൽകി. പാലക്കാട് റെയിൽവേ ഡിവിഷൻ അന്താരാഷ്ട്ര യോഗിനികരണ ആചരിച്ചു. ഹോമോണിക നഗർ റെയിൽവേ കളക്ടറാണമണ്ണിയിൽ ഡിവിഷണൽ റെയിൽവേ മാനേ

ജർ പ്രതാപ് സിങ് ഷർമ്മ ഉദ്ഘാടനം ചെയ്തു. ഉദ്യോഗസ്കൂളിൽ യോഗാ പരിശീലനം നടത്തി. എ.പി. രവീന്ദ്രൻ ഉദ്ഘാടനം ചെയ്തു. എസ്.എസ്.ജി ചെമ്പർമാൻ ടി.പി. ചന്ദ്രശേഖരൻ അധ്യക്ഷനായി. എസ്. ആർ. ശോഭ, വി.കെ. സുധ, കെ.സി. അബിദുസമദ്, മെഡിക്കൽ ഓഫീസർ പി.കി. രാജീവനാഥ് പ്രസംഗിച്ചു.

Imphal Free Press

State extensively observes 4th International Yoga Day

IMPHAL | Jun 21

As part of the observations of International Yoga Day across the world under the theme Yoga for Harmony and Peace, the 4th International Yoga Day was observed today at Darbar Hall, Raj Bhawan.

Governor, Najma Heptulla said, "today we all should take the pledge to practice yoga in our everyday life. We should commit ourselves to practice Yoga, as it is beneficial for the body as well as for the soul. We must take pride in the fact that the ancient practice of yoga originated in our country."

She also said that the message of yoga should be spread and promoted to the rest of the world.

Expressing her gratitude

to the instructors of Shri Shri Ravishankar, Art of Living, Manipal Chapter for demonstrating different yoga postures and the Ayush department, she said that on the occasion of International Day of Yoga, people of the state must commit to include the different Ashrams of yoga as a daily routine.

During the observance, the Governor performed various Asanas along with Social Welfare and Cooperation minister, Nemcha Kipgen, staffs of Governor Secretariat, school children and volunteers of Art of Living.

Meanwhile, chief minister, N. Biren Singh said, "we will not be able to maintain unity and integrity of the state if we do not have nationalistic feeling among us."



The CM was addressing the 4th International Day of Yoga held at Indoor Stadium, Khunthi Lampak Sports

Complex, Imphal today. He appealed the people to extend support to the present government towards bringing

unity and integrity in the state. He also mentioned that government welcomes any suggestions, opinions and positive criticism given by any subject experts on various issues for growth and development in the state.

Stressing on the rampant drug abuse in the state, N. Biren stated that the present government has zero tolerance approach against drugs. The government will not encourage any anti-social people regardless of their connection with any political party, family and others, he added.

He maintained that yoga is an ancient concept of discipline and globally accepted as a scientific system for the maintenance of health and life. Clinical trials have successfully demonstrated the ef-

fectiveness of yoga in treatment of various diseases especially in lifestyle disorders like obesity, hypertension and other health issues, he added.

The function was organised by Directorate of AYUSH, government of Manipal, National AYUSH Mission, Manipal and department of Youth Affairs and Sports, Manipal.

It may be mentioned that the International Day of Yoga is celebrated annually on Jun 21 since its inception in 2015 after the unanimous declaration by the United Nations General Assembly on December 11, 2014. Prime Minister, Narendra Modi had suggested the day as "International Yoga Day" on September 27, 2014 in his address in the UN General Assembly.

Moreover, minister for

Health and Family Welfare, L. Jayantakumar Singh, chief secretary, J. Sureb Babu, principal secretary (Health and Family Welfare), Vamlungmang Vualnam, secretary of YAS, Bobby Waikhom, OSD to CM, Sumant Singh, secretary to CM, Ningshojam Gostley, director of AYUSH, A. Guneswar Sharma and others attended the function.

Education, Labour and Employment minister, Thokchoun Radhesyam attended the observation of the 4th International Day of Yoga held at the Inner State Bus Terminus (ISBT), Chingmeising, jointly organised by the Nehru Yuva Kendra Sangathan, Manipal and Para Vidya Yog Samitha, Manipal unit.

During the observance, two yoga gurus, Heisham Mithreshwar Singh and MC

गवालियर शुक्रवार 22 जून 2018

जिला युवा सम्मेलन सम्पन्न

अधिकांशतः नेहरू युवा केंद्र अंतर्गत के कार्यक्रमों में शामिल होने के लिए जिला युवा सम्मेलन का आयोजन डॉ. बी.आर.रावुल प्रोबोर्न शासकीय नेहरू युवा केंद्र के मुख्य आतिथ्य में किया गया। सम्मेलन का मुद्दा नवीन युवा शक्ति की के धिन्न पर दीर्घ प्रकल्पन एवं साधन का किया गया। इस अवसर पर मुख्य अतिथि डॉ. रावुल ने कहा कि युवा देश का भविष्य है। शासन द्वारा युवाओं के उत्थान के लिए तथा उच्च शिक्षा के लिए अनेकों योजनाएं संचालित की जा रही हैं। वे इन योजनाओं का लाभ लें और अपने सुनहरे भविष्य को साकार करें। उन्होंने युवाओं के राष्ट्र निर्माण में योगदान देने का आह्वान किया। जिला युवा सचिव राजेश नेहरू युवा केंद्र की हेमन्त सिंह ने कार्यक्रम की अध्यक्षता करते हुए नेहरू युवा केंद्र के बारे में युवा नीति पर विचार से प्रकाश डाला। इस दौरान योग प्रशिक्षक पंजाब सिंह की अध्यक्षता में अंतर्राष्ट्रीय स्तर पर योग दिवस के अवसर पर योग एवं प्रत्यापन की कार्यवाही के बारे में विस्तार से जानकारी दी। इस अवसर पर प्राचार्य डॉ. ए.के.दीन द्वारा योग की विभिन्न युवाओं का प्रदर्शन करते युवाओं को उत्साह देने के लिए प्रेरित किया। कार्यक्रम में सर्वश्री शिवशरण जाटव, गौरविंद जाटव, राजू शंही, विनोद जाटव, जितेंद्र सिंह अग्रवाल, रविशंकर, कृ. मधु जाटव, सोनल जाटव, सुनील जाटव, नारायणदास शंही, जगदीश चौधरी, रमेश शंही एवं अन्य राष्ट्रीय युवा एवं प्रमुख उपस्थित थे।

दिवस छात्र-छात्राओं ने किया योग

भारत



ने कहा कि फीजी से योग कराया से अधिक संख्या और असाध्य योग करें।



भिषण्ड। गौहद में योग दिवस मनाया गया जिसमें नवांकर संस्था मध्यप्रदेश जन अभियान परिषद एवं नेहरू युवा केंद्र संगठन भिंड से संबंध अज्ञात युवा मंडल इस्लामपुरा (काल्हाणपुरा) योग दिवस का आयोजन किया गया जिसमें बीएसडब्ल्यू के छात्र छात्राओं को सुवाह कुलाकर उनसे योगा करवाया और योग से होने वाले परिणाम के बारे में बताया योग भारत की प्राचीन परंपरा का एक अमूल्य उपहार है यह दिमाग और शरीर को एकता का प्रतीक है; मनुष्य और प्रकृति के बीच सामंजस्य है; विचार, संयम और पूर्ति प्रदान करने वाला है तथा स्वास्थ्य और भलाई के लिए एक समग्र दृष्टिकोण को भी प्रदान करते वाला है जिसमें मुख्य अतिथि पूरन सिंह परामर्शदाता मुख्यमंत्री सामुदायिक नेतृत्व श्रमता विकास पाठ्यक्रम गौहद अज्ञात युवा मंडल के अध्यक्ष सीरम चौधरी, गौहद ब्लॉक एन वाई वी सुनील चौधरी और युवा मंडल सदस्य अनिल कुमार, सुरज सिंह, कुंजर राज, कल्पना चौधरी, अनज खंकिर, जितेंद्र कुमार ने सहभागिता निभाई।

नेहरू युवा केन्द्र ने मनाया अंतरराष्ट्रीय योग दिवस

-सिटी रिपोर्टर-
 मुरैना, 21 जून। नेहरू युवा केन्द्र, मुरैना जून 21 जून को अग्रिम शक्ति जीवनोद्योग मुरैना में अंतरराष्ट्रीय योग दिवस एवं जिला युवा सम्मेलन का आयोजन किया गया। कार्यक्रम में मुख्य अतिथि के रूप में पूर्व विधायक गजबज सिंह सिक्कारा एवं विशिष्ट अतिथि के रूप में संजय शर्मा फाईद उररिस्थित हो। कार्यक्रम का शुभारंभ स्वामी विवेकानंद जी के छाया चित्र पर मालाकारण एवं ड्रॉप प्रज्वलन द्वारा किया गया इस अवसर पर पतंजलि योग समिति के सदस्य पुष्कल नारायण शर्मा, प्रदीप चामरा, रेखा बार्दिल, तारसोदर बरसेल, कुण्डल सोने, राजा बाँदिल एवं राजेश शर्मा आदि ने मिलकर युवाओं को प्रोटोकॉल के अनुसार योग क्रियाविध करवा एवं योग का हमारे जीवन में अर्थ एवं महत्व भी बताया। राजेश शर्मा ने प्राणायाम, अनुलेम-विलेम, सूर्य नमस्कार, अर्धचक्रासन, शवासन आदि को उचित रूप से करने के तरीकों का और प्रदान होने वाले लाभों का वर्णन किया।



कार्यक्रम के मुख्य अतिथि गजबज सिंह सिक्कारा ने कहा कि 'करनेगे योग तो होगे निरोग' योग हमारे स्वास्थ्य के लिए अति आवश्यक है। योग से अंतर्जन्म का शुद्धिकरण होता है। उन्होंने आधुनिक जीवन शैली में योग के महत्व पर प्रकाश डाला। साथ ही युवा पीढ़ी से योग को अपनाने का आग्रह किया। नेहरू युवा केन्द्र के जिला युवा समन्वयक धीरज अग्रवाल ने नेहरू युवा केन्द्र की गतिविधियों पर प्रकाश डालते हुए कहा कि युवाओं में प्रतिभाओं की कमी नहीं है। युवा शक्ति और ऊर्जा के पूंज है उन्हें सकारात्मक दिशा देने को आवश्यकता है। सभी संगठन, सरकार का परिवार आपके लिये तभी कुछ कर सकते हैं जब आप स्वयं भी कुछ करने के इच्छुक हों। युवामैला प्रभात शर्मा ने युवा सम्मेलन को सम्बोधित करते हुए कहा कि हम युवाओं को संकोच छोड़ प्रत्येक क्षेत्र में आगे बढ़ना चाहिए। हमें शिक्षा के साथ-साथ खेलों पर भी अपना ध्यान केन्द्रित करना चाहिए। खेल हमारे शरीर को स्वस्थ रखने के साथ ही जीवन को अनुशसित बनाते हैं।



दैनिक साक्षर नंगल

युवा देश की सबसे बड़ी ताकत, नियम से योग करके खुद को बनाएं सुदृढ़ : हेमराज वेहरू युवा केंद्र रोपड़ ने योग संबंधी ब्लॉक स्तरीय पार्लियामेंट का आयोजन किया




हेमराज वेहरू युवा केंद्र रोपड़ ने योग संबंधी ब्लॉक स्तरीय पार्लियामेंट का आयोजन किया। इस कार्यक्रम में मुख्य अतिथि के रूप में पूर्व विधायक गजबज सिंह सिक्कारा ने युवाओं को योग के महत्व पर प्रकाश डाला। उन्होंने कहा कि योग हमारे स्वास्थ्य के लिए अति आवश्यक है। योग से अंतर्जन्म का शुद्धिकरण होता है। उन्होंने आधुनिक जीवन शैली में योग के महत्व पर प्रकाश डाला। साथ ही युवा पीढ़ी से योग को अपनाने का आग्रह किया। नेहरू युवा केन्द्र के जिला युवा समन्वयक धीरज अग्रवाल ने नेहरू युवा केन्द्र की गतिविधियों पर प्रकाश डालते हुए कहा कि युवाओं में प्रतिभाओं की कमी नहीं है। युवा शक्ति और ऊर्जा के पूंज है उन्हें सकारात्मक दिशा देने को आवश्यकता है। सभी संगठन, सरकार का परिवार आपके लिये तभी कुछ कर सकते हैं जब आप स्वयं भी कुछ करने के इच्छुक हों। युवामैला प्रभात शर्मा ने युवा सम्मेलन को सम्बोधित करते हुए कहा कि हम युवाओं को संकोच छोड़ प्रत्येक क्षेत्र में आगे बढ़ना चाहिए। हमें शिक्षा के साथ-साथ खेलों पर भी अपना ध्यान केन्द्रित करना चाहिए। खेल हमारे शरीर को स्वस्थ रखने के साथ ही जीवन को अनुशसित बनाते हैं।

योग दिवस पर जगह-जगह लोगों ने किया योगासन

लोनी। नेहरू युवा केंद्र गाजियाबाद के तत्वाधान में नेहरू महिला विकास एवं प्रशिक्षण संस्थान और समस्त महिला मंडल अध्यक्ष के सहयोग से ब्लॉक लोनी शिव पार्क बलराम नगर में जिला युवा सम्मेलन के अंतर्गत योगाभ्यास का कार्यक्रम किया गया। कार्यक्रम के मुख्य अतिथि लोनी विधायक नंदकिशोर गुर्जर को जिला युवा समन्वयक देव शर्मा ने स्मृति चिन्ह देकर सम्मानित किया। विशिष्ट अतिथि भाजपा नेता विजेंद्र त्यागी को माया देवी और अनीता रुहेला ने स्मृति चिन्ह देकर सम्मानित किया। नेहरू युवा केंद्र की समस्त मंडल अध्यक्षों ने योगाचार्य अनंतराम गुप्ता को स्मृति चिन्ह देकर सम्मानित



किया। इस अवसर पर लोनी विधायक नंदकिशोर गुर्जर ने नेहरू युवा केंद्र के द्वारा आयोजित लोनी में भव्य योग दिवस कार्यक्रम की भूरि-भूरि प्रशंसा की। नंदकिशोर गुर्जर ने मंच संचालिका सुषमा त्यागी का लोनी में सबसे सुंदर और व्यवस्थित कार्यक्रम के लिए धन्यवाद दिया। इस

अवसर पर कार्यक्रम की विशेष रूप से सहयोगी रही सरोज सैनी अनीता रुहेला प्रभा त्यागी माया देवी प्रवीण त्यागी कुलदीप त्यागी हिमांशु त्यागी ने मंच पर आसीन प्रतिष्ठित व्यक्ति महेश प्रधान राजीव त्यागी राजेश सोम रमेश पंडित रवि शर्मा आदि का पुष्प मालाओं से स्वागत किया।



न्यूज संघ

स्वास्थ्य व समृद्ध राष्ट्र निर्माण में भागीदार बनें युवा

युवा संसद एंव योग प्रशिक्षण कार्यक्रम

सुल्तानपुर, 18 जून (ब्यूरो)। नेहरू युवा केंद्र कोटा एवं विवेक यूथ क्लब के संयुक्त तत्वावधान में सुल्तानपुर क्षेत्र के मण्डावरा गांव के अटल सेवा केंद्र में ब्लॉक स्तरीय पंद्रहस युवा संसद व योग प्रशिक्षण कार्यक्रम आयोजित किया गया। जिसमें मुख्य अतिथि जिला परिषद् सदस्य रेखा मीणा ने युवाओं को योग के माध्यम से स्वस्थ व तनाव मुक्त रहकर स्वास्थ्य व समृद्ध राष्ट्र बनाने में अपना योगदान देने की अपील की। कार्यक्रम में विशिष्ट अतिथि स्वच्छ भारत मिशन ब्लॉक सुल्तानपुर की-ऑर्डिनेटर शमसुद्दीन ने पंचायत राज की विभिन्न घोषणाएं, नरेगा श्रमिक कार्ड, शौचालय निर्माण सहित अनेक योजनाओं की जानकारी दी।

कार्यक्रम के प्रभारी टीओटी नेहरू युवा केंद्र, कोटा हंसराज गोचर ने प्रधानमंत्री के द्वारा चलाई जा रही

स्वच्छ भारत मिशन इनटरशिप योजना के बारे में बताया कि युवा 15 जूलाई तक 100 घंटे का श्रमदान करेगा। उसको भारत सरकार द्वारा पुरस्कार दिया जावेगा। कार्यक्रम में आयुर्वेद विभाग से डॉ.बाला प्रसाद चौहान ने अन्तरराष्ट्रीय योग दिवस की जानकारी देते हुए प्रतिभागियों को योग की ट्रेनिंग दी। भाजपा के वरिष्ठ नेता किशन लाल मीणा ने युवाओं को नशे की लत छोड़कर गांवों के विकास में एक जूट रहने का आह्वान किया।

इस अवसर पर एनवाईवी पूजा रेगर ने बाल श्रमिकों के फॉर्म भरे व युवाओं को स्वरोजगार की जानकारी दी। एनवाईवी कमलेश वैष्णव सीमलिया, दिनेश सुमन, विवेक यूथ क्लब सचिव मोहन लाल सुमन, सोनू मीणा भौरा, ओमप्रकाश राकेश, नन्दकिशोर वैष्णव, जगदीश गौतम, पीएलवी नरेश गोचर, जितेन्द्र सहित डीआरजी बुद्धि प्रकाश सहित 20 युवा मण्डल के 80 युवाओं ने हिस्सा लिया।

अन्तरराष्ट्रीय योग दिवस का लेकर तयारी

निकाली प्रभात फेरी, बताया योग का महत्व

भरतपुर, अन्तरराष्ट्रीय योग दिवस के कार्यक्रम के तहत ब्रह्माकुमारी ने जल-जग को योग का महत्व बताने के लिए विश्वप्रिय शास्त्री पार्क से कुष्मा नगर तक प्रभातफेरी निकाली। प्रभात फेरी को नगर निगम मेयर शिवसिंह भोंट ने हरी झण्डी दिखाकर रवाना किया।

कार्यक्रम के मुख्य अतिथि पुलिस अधीक्षक अनिल कुमार टाक ने कहा कि 'मनुष्य के जीवन को सशक्त, संगठित एवं सुनियोजित बनाने की दिशा में राजयोग का निरन्तर अभ्यास परिवर्तन ला सकता है।

अभ्युत्थान करते हुए राजयोगी शैल बहन ने कहा 'राजयोग, मन और ऊर्जावान एवं सशक्त बनाने की प्राचीन आध्यात्मिक योग विद्या है। सतीश पालीवाल निदेशक आयुर्वेद ने विचार प्रकट किए। अमरसिंह ने योग का महत्व बताया। जिलेभर के विभिन्न ब्रह्माकुमारी उत्सव केन्द्रों में आई ब्रह्माकुमारी होर बहन नगर, कमलेश रूपवास, संतोष वैर, कलक भुसावर, योगिता नन्दबई, गीता ओल, सुनीता बचान तथा



भरतपुर, ब्रह्माकुमारी की ओर से निकाली गई प्रभात फेरी।

नीरिश भरतपुर ने भी दीप प्रज्वलित किया। इस दौरान आयुष मंत्रालय भारत सरकार की ओर से जारी योग अभ्यास का प्रदर्शन व अभ्यास योग प्रशिक्षक शबोत, लक्ष्मी, तथा दिनेश उपाध्याय ने करवाया।

इस अवसर पर जगदीशु जगू सुदेश भारद्वाज, जगल सेनी, लक्ष्मीनारायण, ओमप्रकाश शर्मा, रमेश्वर सिंह, जयसिंह, विभिन्न संस्थाओं एवं संगठनों के कार्यकर्ता तथा पटवर्दीकारी मौजूद रहे। संचालन प्रवीणा पाल ने किया।

निबंध में शतलंहा प्रथम : अन्तरराष्ट्रीय योग दिवस के

बाइय, साइडिल टैली व महान कुमुद अन्न : अन्न स्वास्तिन टुट एव आयुर्वेद विभाग की ओर से मंगलवार कुम्ह 9 बजे कुम्हट गेट चौक से निकाली गई लोहे लकड़ बाइक एंव साइडिल टैली निकाली जायगी।

गावडी परिषद की ओर से मंगलवार रात 9 बजे लोहे लकड़ पेट से निकाली गई लोहे लकड़ बाइक एंव साइडिल टैली निकाली जायगी।

योग आभारकार टैली कल : योग आभारकार मंगलवार की ओर से कुम्हट रात 9 बजे लोहे लकड़ पेट से निकाली गई लोहे लकड़ बाइक एंव साइडिल टैली निकाली जायगी। अन्तरराष्ट्रीय योग दिवस (21 जून) को प्रतिष्ठित फोटो काउन्सिल भरतपुर में आयोजित कार्यक्रम की मुख्य अतिथि जल नक्षत्री एवं पटवडी मंत्री कुम्हण्ड चौरे (टीए) होगी।

अभ्यास पर स्वास्थ्य मंत्री संस्थान एवं आयुर्वेद विभाग भरतपुर के संपुर्ण तत्वावधान में हुई प्रतिभागिता में शामिल रहाने में प्रथम व नेता सिंघल ने पोस्टर प्रतिभागिता में

प्रथम स्थान प्राप्त किया। द्वितीय स्थान पर निबंध प्रतिभागिता में नीलम कुमारी व पोस्टर प्रतिभागिता में जितेंद्र प्रकाश, सल कुमा ने द्वितीय स्थान प्राप्त किया।

को विस्तार से प्रयोगों ने कर रहे सहमति प्राप्त मूल्ययोग 20 सदस्यीय है। इस पंचायत कायमिह प्रेम, रेगसिंह जगर्न, की, जलसिंह लेखरान सिंह

समस्याओं

को अदालत द्वारा पंचायत आगके द्वार लन उतरखण्ड सिंह यादव थाया। शिबिर में बिजली व रम्याओं से स्वगत कराया।

तार ने अवैध रूपार अपावित सिंह सिपाविक 18 संसंध में 18 वन विभाग के ने चम्प खरीदर र चालक के लन का नामांक

भ्रूण हत्या रोकने का प्रयास किया जाए: वर्षा सिंह

लौनी (करंट क्राइम)। शुक्रवार को नेहरू युवा केंद्र गाजियाबाद के तत्वाधान में नेहरू महिला विकास एवं प्रशिक्षण संस्थान के सहयोग द्वारा लौनी ब्लॉक में ब्लॉक स्तरीय योगाभ्यास कराया गया। कार्यक्रम में मुख्य अतिथि लौनी खण्ड विकास अधिकारी वर्षा सिंह रही। कार्यक्रम की संचालिका सुषमा त्यागी, सरोज सैनी, प्रभा त्यागी अनीता खेल्सा की टीम ने आये हुए सभी अतिथियों का पुष्प माला से स्वागत किया। नेहरू युवा केंद्र के गाजियाबाद जिले के युवा समन्वयक शिवदेव शर्मा ने युवा केंद्र की गतिविधियों के बारे में विस्तार से बताया और आगामी 21 जून को अंतर्राष्ट्रीय योग दिवस को भव्य बनाने का आह्वान किया। ब्वेडोओ वर्षा सिंह ने कहा कि बेटेी बचाओ-बेटेी पढ़ाओ अभियान और भ्रूण हत्या रोकने की दिशा को कारगर करने का प्रयास किया जाये।



योगाचार्य हरिसिंह ने योग के सही तरीके से करने के लाभ बताये। सभी से निरन्तर योग करने को कहा। इस अवसर पर भाजपा नेता विजेन्द्र त्यागी ने भ्रूण हत्या रोकने के लिए जनजागरूकता अभियान को चलाने का आह्वान किया। लौनी की स्वच्छ बनाने के लिए सुंदर बनाने के लिए गाय, गंगा और महिला का सम्मान हो। महिला सर्वाधिकरण को बात कहो और कहा कि लौनी

जल्दी ही गंदगी मुक्त होगी। लौनी एक सुंदर शहर बने, ये हम सबकी जिम्मेदारी है। इस अवसर पर जन शिक्षण संस्थान की सहायक अधिकारी शोभा यादव ने अपनी संस्था के बारे में जानकारी दी। उन्होंने बताया कि अनपढ़ बच्चों के लिए पढ़ने की व्यवस्था संस्था द्वारा की जाती है इस अवसर पर महेश प्रधान, रेखा चौधरी बंधला एवं सैकड़ो बहनी और भाइयो ने योगाभ्यास में हिस्सा लिया।



4th International Yoga Day observed across the State

IMPHAL, Jun 21: As the International Yoga is celebrated around the globe, Manipur too with rest of India has celebrated the day under the theme Yoga for peace. Here are the highlights of the observances across the State:

Imphal E/W: Education, Labour and Employment Minister Thokchom Radheshyam attended the observation of the 4th International Yoga Day held at the Inter State Bus Terminus (ISBT), Chingmeirong. Jointly organized by the Nehru Yuva Kendra Sangathan, Manipur and Para Vidya Yog Sanstha, Manipur unit, the observance was participated by 2600 volunteers.

The observance was attended by MLA Kshetrigoo AC N Indrajit Singh, MLA Keirao AC L Rameshwar Meitei, dignitaries and volunteers.

Central Agricultural University, Imphal has also observed the day at its campus today. David Singh Hijam attended as the instructor and imparted demonstration at the event. Dr S Basanta Singh, Director Instruction and MC Jubiani, Comptroller attended as president and guest of honour respectively.

Regional Institute of Medical Sciences (RIMS) Imphal observed the day with yoga demonstrations at Jubilee Hall RIMS, Imphal. Professor Ch Arunkumar Singh, Medical Superintendent RIMS Hospital attended the programme.

The Jawaharlal Nehru Manipur Dance Academy, Imphal too observed the day at Priyogopalsana Auditorium of the academy. More than 150 including many artistes, Gurus, staff and students of the academy attended the programme. Professor H Tombi Singh, Vice Chairman/JNMDA L Upendro Sharma, Director JNMDA and RK Nabindra Singh, Pradhan



Guru JNMDA participated in the celebration.

Later in the afternoon the academy also observed the International Music Day at the same venue with many personalities including eminent music composer and film director Padmashree A Shyam Sharma.

Modern Health Care and Yoga Centre, Kwakeithel Harakhchambi, Imphal too observed the day under the theme "Yoga for health, harmony and peace".

Sainik School Imphal celebrated the Yoga Day at the assembly ground of the school in Pangei. Cadets, staff, parents and guardians of the students attended the celebration. A quiz competition was held in line with the celebrations.

Nehru Yuva Kendra Imphal East and NSS Birmangol College Sawombung jointly observed the day as a part of District Youth Convention and Exhibition at Indoor hall of Birmangol College Sawombung. S Niken Singh member ZP Uchekon Imphal East, I Rabinchandra Meitei member ZP Sawombung Part II IE, Kh Ibohanbi Singh DYC NYK Imphal, Dr Th Bimol Singh NSS prog officer BM College, Prof Dr Rajmuhon Singh and Prof

Jibanlata Devi BM College attended as presidium members. More than 300 attended the event.

Manipur Association of Tour Operators (MATO) in association with India Tourism, Ministry of Tourism, Government of India, Business Excellence Group (BEG), Manipur and Manipur University celebrated the day at Tata Motors Hall, Ghari, Imphal.

IOC too observed the day at its Divisional office in Imphal.

The International Yoga Day was also observed at Sector HQ BSF CI (OPS) Manipur, Koirengai, Imphal.

Manipur Yoga Association too observed the day at Commerce Hospital, Yoga Centre Imphal.

GC CRPF, Imphal observed the day at its parade ground with many cultural events and workshop.

Bishnupur: The day was also celebrated at Loktak Power Station, Kom-keirap (v) Thursday. Biswajith Basu, General Manager, Loktak PS demonstrated and led the yoga session in which more than 80 officials and their family members participated.

Kumbi College too observed the day at the indoor stadium of the college. Chairman of the College M Mangi

Singh, Principal K Jugeshor Singh, programme officer NSS Unit-I Kh Rameshwar Singh, Assistant Professor Botany Department M Bineshwar Singh attended the programme.

Nehru Yuva Kendra Bishnupur and Keitash Shri Foundation Bihar under the sponsorship of Council for Research in Yoga and Naturopathy too observed the day. Chairman MPCB & KVIV MLA Oinam AC L Radhakishore Singh, DC Bishnupur Pawan Yadav, CMO Bishnupur Dr Ng Jayanta, DYC NYK Bishnupur L Marjitkumar, Pradhan Toubul GP Th Nanaobi and External Monitor WHO Ch Sunder attended the event.

The Yoga day was also observed at Keibul which was jointly organised by Yuva Bharat Bishnupur, Patanjali Yoga Centre Keibul, Chingmei Patanjali Yoga Centre and BJP Thanga Mandal Bishnupur in the presence of BJP Manipur Pradesh vice-president M Ashnikumar Singh, Kha Thinungei ZP member and vice-president Manipur State Panchayat Parishad O Ibojao Singh, Pradhan Moirangkhunou GP L Dhaneshwar and instructors of Manipur State Yoga Samiti.

BJP Kumbi Mandal also organised the day at Wangoo Chithek Leikai Community Hall, Kumbi and was attended by MLA Kumbi AC S Bira, BJP District president RK Bimola Devi and president Kumbi Mandal L Shekhor and secretary W Tiken as dignitaries.

Chandel: The office of District Youth Coordinator, NYK Chandel in collaboration with Chandel District Police and 8BN Manipur Rifles, Leikun, Chandel observed International Yoga Day at 8BN, MR H/Q Thursday. S Somorjit, MPS, CO 8MR, Abdul Shamad, Addl SP Chandel and Dr Rajkumar, MO, Ayush, Komlathabi PHC attended the observance.

Churachandpur: District Administration, CCpur organised the Yoga Day at Khuga Dam. Yoga enthusiasts in hundreds including students took part in the event. A clean-

liness drive was also conducted in and around Khuga Dam by the ADC, CCpur to mark the occasion. A tree plantation drive was also taken up by the Forest Department. SP Churachandpur Rakesh Balwal and DLOs attended the programme.

32 Bn CRPF Loktak Project also organised the event at Multipurpose Hall, CCpur.

Jiribam: Bharat Swabhimani Trust, Patanjali Yog Samiti, Mahila Patanjali Yog Samiti, Yuva Bharat and Patanjali Kissan Seva Samiti, Jiribam district observed the day at Dibong Awang Leikai Mandap. S Shanti Devi, Chairperson Jiribam Municipal Council, Ch Sunamani Singh, BST Jiribam District Yog Samiti and RK Nobinsana Singh, Pradhan Dibong GP attended as presidium members.

Tengnoupal: Tengnoupal District Police also observed the day at its HQ. Tengnoupal SP Dr S Ibomcha and other officials took part in the observance.

Moreh Police too observed the Yoga Day at its station. Additional SP Tengnoupal Robinson, Moreh SDPO Sandip Gopaldash, DSP CDO Moreh Th Thomas took part in the observance.

Thoubal: The District Health Society observed the day at PHC, Charangpat.

Heramani Singh, member Charangpat ZP, Dr N Jayantakymar Singh, CMO Thoubal, Ch Basanta Singh, District Programme Manager, District Health Society Thoubal and K Jadumani Singh, social worker attended the event. Dr Ibotomba, Yoga Master who is also a doctor (AYUSH) of PHC Charangpat was honoured.

6 Mandals of BJP Thoubal-Lilong Mandal, Thoubal Mandal, Wangjing Tentha Mandal, Khangabok Mandal, Wangkhem and Heiorok Mandal also observed the day.

Ukhrul: The Ukhrul District Police in collaboration with Nehru Yuva Kendra (NYK), Ukhrul observed the day at Police Reserve Line Phungreitag, Ukhrul.

Observance of 4th International Day of YOGA on 21st June, 2018 at ISBT Complex, Imphal
Date of publication : 22/06/2018

योग से भाग सकती हैं बीमारियां



संस्कृत के योग अभ्यास में भी, मुकुंद कौर शिंदे और विवेक शर्मा के साथ

संस्कृत शब्दों में योग का अर्थ है 'संयुक्त'। अर्थात् शरीर, मन और आत्मा के बीच एकता का स्थापना करना है। योग के माध्यम से शरीर और मन को एक साथ रखना संभव है। योग के माध्यम से शरीर और मन को एक साथ रखना संभव है। योग के माध्यम से शरीर और मन को एक साथ रखना संभव है।

युवा संसद में योगाभ्यास

संस्कृत शब्दों में योग का अर्थ है 'संयुक्त'। अर्थात् शरीर, मन और आत्मा के बीच एकता का स्थापना करना है। योग के माध्यम से शरीर और मन को एक साथ रखना संभव है। योग के माध्यम से शरीर और मन को एक साथ रखना संभव है। योग के माध्यम से शरीर और मन को एक साथ रखना संभव है।

युवा संसद में योगाभ्यास कार्यक्रम का आयोजन किया गया। इसमें योगाचार्य ने युवाओं को योग के विभिन्न आसनों के बारे में जानकारी देते हुए अभ्यास कराया। नेहरू युवा केंद्र संगठन से जुड़ने की भी जानकारी दी गई। साथ ही योग के माध्यम से विभिन्न बीमारियों के उपचार बताए।

युवा संसद एव योगाभ्यास कराया

भारत सरकार के युवा कार्यक्रम एवं खेल मंत्रालय की ओर से संचालित नेहरू युवा केंद्र संगठन के तत्वावधान में ब्लॉक स्तरीय पड़ोस युवा संसद एवं योगाभ्यास कार्यक्रम का आयोजन ब्लॉक जानीखुर्द के सभागार में किया गया। इसमें योगाचार्य ने युवाओं को योग के विभिन्न आसनों के बारे में जानकारी देते हुए अभ्यास कराया। नेहरू युवा केंद्र संगठन से जुड़ने की भी जानकारी दी

दी गई। साथ ही योग के माध्यम से विभिन्न बीमारियों के उपचार बताए। मुख्य अतिथि गुलशेर राणा ने कहा कि योग से हमारे शरीर के बहुत से रोग दूर हो जाते हैं। इस दौरान योगाचार्य अनिरुद्ध चौधरी ने योगाभ्यास कराया और योग की विभिन्न विधाओं एवं उनसे होने वाले लाभ के बारे में भी युवाओं को अवगत कराया। एनवाईवी जैनव चंदौरी ने युवाओं को जानकारी दी।



संस्था के माध्यम से लोगों को कराया योगाभ्यास



जन सागर टुडे

लोनी। नेहरू युवा केंद्र गाजियाबाद के तत्वाधान में नेहरू महिला विकास एवं प्रशिक्षण संस्थान के सहयोग से ब्लॉक स्तरीय योगाभ्यास कराया गया। कार्यक्रम की संचालिका सुषमा त्यागी, सरोज सैनी, प्रभा त्यागी, अनीता रुहेला ने सभी अतिथियों का पुष्प माला से स्वागत किया। कार्यक्रम में मुख्य अतिथि लोनी खण्ड विकास अधिकारी वर्षा सिंह, नेहरू युवा केंद्र के गाजियाबाद जिले के युवा समन्वयक शिवदेव शर्मा ने युवा केंद्र की गतिविधियों के बारे में विस्तार से बताया और 21 जून को अंतर्राष्ट्रीय योग दिवस को भव्य बनाने का आवाहन किया। बीडीओ वर्षा सिंह ने बेटी बचाओ बेटी पढ़ाओ अभियान और भ्रूण हत्या रोकने की दिशा में कारगर करने का प्रयास किया जाए।

योगाचार्य हरिसिंह ने योग के सही तरीके से करने के लाभ बताए व सभी से निरन्तर योग करने को कहा। इस अवसर पर भाजपा के फायर ब्रांड नेता विजेन्द्र त्यागी ने भ्रूण हत्या रोकने के लिए जनजागरूकता अभियान को चलाने का आह्वान किया और लोनी को स्वच्छ, सुंदर बनाने के लिए गाय, गंगा और महिला का सम्मान हो, महिला शशक्तिकरण की बात कही।

इस अवसर पर जन शिक्षण संस्थान की सहायक अधिकारी शोभा यादव ने अपनी संस्था के बारे में जानकारी दी और बताया कि अनपढ़ बच्चों के लिए पढ़ने की व्यवस्था संस्था द्वारा की जाती है। इस अवसर पर महेश प्रधान, रेखा चौधरी बंथला एवं सैकड़ों बहनों और भाइयों ने योगाभ्यास में हिस्सा लिया।

*“Yoga guarantees wellness as well as fitness.
Yoga is not merely an exercise but a way to attain
peace through physical, mental and spiritual well
being.”*

*- Narendra Modi
Prime Minister of India.*





**“Yoga is the journey from ‘me’ to ‘we’.
Yoga makes an individual a better person
in thought, action, knowledge and devotion.”**

- Narendra Modi
Prime Minister of India.

Nehru Yuva Kendra Sangathan

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