

समेकित क्षेत्रीय कौशल विकास,
पुनर्वास एवं दिव्यांगजन सशक्तिकरण केन्द्र
**Composite Regional Centre for Skill Development,
Rehabilitation & Empowerment of Persons with Disabilities**
(दिव्यांगजन सशक्तिकरण विभाग, सामाजिक न्याय और अधिकारिता मंत्रालय, भारत सरकार)
(Dept. of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice & Empowerment, Govt. of India)
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INTERNATIONAL DAY OF YOGA 2021



Since its inception in the year 2015, June 21st is celebrated as The **International Day of Yoga** all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.”

“Yoga means addition - addition of energy, strength and beauty to body, mind and soul.”Yoga is a powerful natural state that can inspire you in many ways.

7th International Yoga Day with a theme of “**Be with Yoga, Be at Home**” was observed by the Staff and students of CRC, Patna with great enthusiasm on **21st June, 2021**.

Yoga for Harmony & Peace

The video prepared by NILD, Kolkata of yoga performance by professionals (<https://meet.google.com/epj-srfe-vrh>) circulated through whatsapp and other social media to staff, students and public and encouraged to perform Yoga **“Be with Yoga, Be at Home”** on 21st June, 2021 at 7:30am to 8:30am. A Webinar(<https://meet.google.com/nwr-mebu-vka>) on “Role of Yoga and spirituality in enhancing immunity and emotional stability of person with disabilities” organized at 2:00pm to 3:30pm through virtual mode (<https://meet.google.com/zcd-mdit-pzq>). Another Webniar on “Training of parents of children with Special Needs on importance of Yoga also organized through virtual mode” on 22nd June, 2021 at 2:00 p.m. To 3:00 p.m. All the staffs, students and their family members of CRC Patna were participated in all above stated virtual programs.



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