

International Day of Yoga Celebration at NIC, Chhattisgarh

INTEGRATE AND ENCOURAGE YOGA THROUGH LIFE



Certified Meditation trainers of the Heartfulness Institute Shri Devnarayan Sharma (Zonal Coordinator) and Shri Vikas Pathak organized three practical sessions, one session per day of one Hour duration, covering methods of Relaxation, Meditation, Heartfulness cleaning and Prayer.

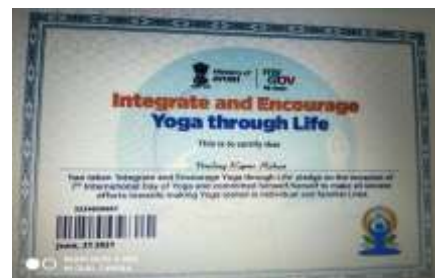
LITERATURE

TO INTEGRATE YOGA IN LIFE



PLEDGE

MAKING YOGA ROOTED IN LIFE



UNDERSTANDING

ASHTANG YOGA



ACTIVE PARTICIPATION

Officers from State and District centers participated virtually and clarified their doubts. Everyone realized that Meditation acts like a battery-recharger. Just 10 minutes of meditation will leave you feeling calm and refreshed and better able to tackle the rest of your workload.

Painting Competition

The Painting competition on the theme “Yoga for Life” was organized in three groups as Junior, Senior and Officers. Children of all Officials including outsource manpower participated in the programme.

Participants from districts submitted softcopy of Paintings. Paintings were evaluated by external expert and participants were awarded as Excellent, Very Good and Good.



AWARD DISTRIBUTION CEREMONY



Parents and children staying near office joined physically and others joined in virtual mode and shared their experience.

Shri Alex V F Paul Menon, IAS, Labour Commissioner, Chhattisgarh and Special Secretary, Food Civil Supplies & Consumer Protection was the Chief Guest of the ceremony.

Dr. A. K. Hota, DDG & SIO, welcomed the guest and Shri T. N. Singh, ASIO(State) offered Vote of Thanks.

CHILDREN SHARED THEIR EXPERIENCE OVER VC



FEW GLIMPSES OF THE ACTIVITY



Display of Paintings to encourage participants



Release of InfoNIC July 2021 Issue on the occasion

