



राष्ट्रीय गतिशील दिव्यांगजन संस्थान
National Institute for Locomotor Disabilities (Divyangjan)

(दिव्यांगजनसशक्तिकरणविभाग, सामाजिकन्यायएवंअधिकारितामंत्रालय, भारतसरकार)
(Department of Empowerment of PwDs (Divyangjan), Ministry of Social Justice and Empowerment, Govt. of India)
बी.टी. रोडबनहुगली, कोलकाता-700090 / B.T. Road, Bon-Hooghly, Kolkata-700090
Phone: 2531-0279, 2531-0610/Tele Fax: 2531-8379/E-mail: mail@nioh.in/web: www.niohkol.nic.in



Press Release

Regular yoga helps a person to maintain a healthy body and focused mind and enables them to perform daily tasks with confidence and efficiency. Realizing the significance of yoga, International Yoga Day was designated to create awareness and encourage people to incorporate yoga into their lives. This year theme of Yoga Day is "**Yoga for Self and society**".

National Institute for Locomotor Disabilities (Divyangjan), Kolkata organized a special yoga session on the occasion of 10th International Day of Yoga on 21st June, 2024 for Persons with Disabilities (Dviyangjan), students & staff of NILD under the supervision of Dr. Amrenda Das, Executive member, Mr. Pradip Hazra, Yoga Instructor, west Bengal Yoga and Naturopathy Council, Govt. of West Bengal and his team to increase the understanding the importance of Yoga and to improve their self-confidence. The yoga instructors not only explained the benefits and techniques of yoga but also guided the participants in practicing various yoga asanas. Dr. Lalit Narayan, Director, NILD alongwith approx. 700 Divyangjan, staff & students of NILD attended yoga session and showed their keen interest to perform yoga and made earnest efforts to learn and engage in the yoga activities .

As a part of the International Yoga Day -2024 countdown event, Institute also organized a special yoga session for children with disability on 12th June and a webinar on yoga asanas and meditation for the students and staff of the Institute on 19th June, 2024. Dr. Swaminathan, Medical Wing, Brahmakumari, Mount Abu, Rajasthan was the speaker of the webinar.

(Dr. Lalit Narayan)
Director