



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

(दिव्यांगजनसशक्तिकरणविभाग, सामाजिकन्यायएवंअधिकारितामंत्रालय, भारतसरकार)
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10th International Day of Yoga Celebration

"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 Best 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 aasan. 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.

