



इलेक्ट्रॉनिकी एवं  
सूचना प्रौद्योगिकी मंत्रालय  
MINISTRY OF  
ELECTRONICS AND  
INFORMATION TECHNOLOGY  
सत्यमेव जयते



# CELEBRATION OF *12<sup>th</sup> International Day* *of* **YOGA** @ NIC ODISHA



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National Informatics Centre  
Odisha State Centre  
Bhubaneswar

## CELEBRATION OF 12<sup>TH</sup> INTERNATIONAL YOGA DAY AT NIC ODISHA

The 12<sup>th</sup> International Yoga Day was celebrated with great enthusiasm at the Dr. Seshagiri Memorial Hall, NIC Odisha, Bhubaneswar. Officers and staff members participated in large numbers, enthusiastically performing various yoga asanas and pranayama under expert guidance.

Ms. Itishree Nanda, Director (IT) and e-Governance Coordinator, Orissa High Court, graced the occasion as the Master Trainer. The programme commenced with the ceremonial lighting of the lamp followed by the chanting of the Gayatri Mantra, setting a serene and spiritually uplifting atmosphere.



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The celebration centred on this year's theme, "Yoga for Healthy Aging," highlighting the vital role of yoga in promoting holistic well-being. Speakers emphasized how regular practice of yoga contributes to physical fitness, mental clarity, emotional balance, intellectual growth, moral strength, and spiritual development, enabling individuals to lead healthier and more harmonious lives.

During the session, Ms. Nanda shared her inspiring personal journey with yoga and explained how it has positively transformed her life. Guided by Ms. Nanda and her associates, Ms. Sujata Pattnaik and Ms. Rashmita Jena, participants practised a series of yoga postures and pranayama techniques. The trainers also elaborated on the role of yoga in preventing and managing lifestyle-related disorders while enhancing overall health and wellness.



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Dr. Ashok Kumar Hota, Deputy Director General and State Informatics Officer, NIC Odisha, felicitated the yoga trainers in appreciation of their valuable contribution to the successful conduct of the programme. The event concluded with the recitation of the Shanti Path, leaving participants motivated to embrace yoga as a way of life for achieving better health, inner peace, and overall well-being.





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