

Army units, jails, hospitals observe International Yoga Day

EXPRESS NEWS SERVICE

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VARIOUS ESTABLISHMENTS across the city observed International Yoga Day on Thursday.

The Army units of Pune observed the day on their respective premises. At Pune Cantonment, more than 3,000 officers and personnel, along with their families, attended

yoga sessions at the Milkha Singh Sports Complex. Centralised yoga asanas were performed as per the laid down 'Common Yoga Protocol'.

An Army official said soldiers' performance has seen an improvement since yoga was implemented in the curriculum. The Military Institute of Technology had organised a yoga session on the banks of Khadakwasla lake. The session was led by Commandant Maj Gen AK Sapra.

Dr Murlidhar Tambe, acting dean of Sassoon Hospital, said the hospital, in collaboration with the BJ Government Medical College and the Sassoon General Hospital, had organised practice sessions, lectures and an essay and poster writing competition.

The National Institute of Bank Management (NIBM) celebrated the theme 'Yoga for Peace'. The event saw bank officials from India and neighbouring countries, including SAARC

nations, participating in training sessions.

The staff of the Maharashtra State Electricity Distribution Company Ltd and the Maharashtra State Electricity Generation Company Ltd also attended practice sessions held at administrative headquarters 'Prakashgadh' in Pune.

Personnel from the Pune City and Rural police also attended the sessions held at their respective headquarters. At the Pune

City headquarters, 11 yoga instructors led a session comprising 100 officers and 700 personnel. At the headquarters of the State Reserved Police Force Group 1, Commandant Sunil Fulari led the personnel and officers during early morning yoga sessions. Officials from the Pune-headquartered State Prison Department, too, said similar sessions were organised at jails and prison department offices across the state.

