**International Yoga Day Program report**

International Yoga day was celebrated at Composite Regional Centre, krida Prabhodhni Hall, Yashwant Stadium, Dhantoli, Nagpur on 21st June 2021.

Dr. Ashwini Dahat was the Instructor on this day. She performed Iyenger Yoga . Iyenger Yoga is a form of yoga/asanas which corrects posture, gives agility. It provides one with spiritual oneness to the mind, body and soul.

Online webinar was also organized on the theme- Yoga at home and Online Yoga with CRC Nagpur Family. Intention was to include children and parents with special needs, so that they can perform Yoga in the comfort of their home. Total number of beneficiaries participated were 39.

CRC Staff –Mr. Jagan Mudgade Ap SP EDU, Dr. Vitthal Puri AP PMR, Mr. Mohd. Aslam O&M, Mrs. Madhuri Kamble P&O, MRs. Kavita Ghodmare Cli. Asst SP EDU, MR. Rajendra Meshram Social work, Mr. Nirmal Das Accountant, Mr. Ganesh Sarode Clerk actively participated in the program.

Yoga Competition was also organized to motivate participants to inculcate yoga in their habits, and rewards were given to the first, Second and third winner.

This program was coordinated by Dr. Ashwini Dahat, Lecturer Occupational therapy under the guidance of our Director CRC Nagpur Mr. Prafull Shinde.

The program was successful with news coverage on Maharashtra times and likes on social media.





