

YOGA SHIBIRA ORGANISED AT DIST. H.QRS. KORAPUT.

11.4.2010. A *Yoga Shibira* was jointly organized by the District Administration, Officers' Club and Patanjali Yoga Seva Samiti, Koraput at the Town Hall, Koraput. Mr. Rajesh P. Patil, IAS., District Magistrate and Collector along with many District level officers, BDOs and Tahsildars of the district actively participated in it. The *Shibira* was inaugurated by the Collector. He stressed on the need of *Yoga* in the context of present hectic life style especially of the officials irrespective of the Department they serve in. Shri Indrajeet Leema, an ardent follower of Swami Ramdev imparted *Yoga* training and demonstrated various kinds of *Asanas* and *Pranayams* useful for sound health, mind as well.

The audience felt enthused about the various aspects and techniques of *Yoga*. Mr. P.K.Mallick, DI&PRO and Mr. Sanyashi Pujari, District Culture Officer coordinated the event.

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