



TARA Akshar+ Neo-literates Celebrate International Yoga Day

The International Day of Yoga celebrated on 21 June, aims to raise awareness worldwide of the many benefits of practicing yoga. The neo-literates of the adult literacy programme, TARA Akshar+ also celebrated the International Day of Yoga while maintaining social distancing in Bhagwanpur Block, Haridwar, Uttarakhand.

The neo-literates practiced breathing exercises such Nadi Shodhana pranayama also known as AnulomVilom pranayama which is excellent for respiratory problems and asthma and Kapalabhati pranayama which promotes overall well-being and good health. Additionally, they also practiced a variety of subtle asanas or poses such as Janusira Asana, Paschim Uttanasana, Tadasana, Tiryak Asana, and Bhujangasana.

The celebrations took place in Nagal Paluni village with 35 neo-literates and Makhanpur village with 50 neo-literates. A yoga practitioner, Gunjanji was invited to instruct the neo-literates and take them through all these poses/ asanas, she also emphasised on the need to practice yoga daily and the benefits associated with the same. She explained how more than physical activity, it cultivates the path to sustaining a balanced attitude in everyday life which is very important in these horrific times.

Secretary of Village Development Society Raj Bahadur Saini was also present at these celebrations and highlighted that it is beneficial to do yoga for a healthy life and it should be practiced regularly to stay healthy. Program Coordinator of TARA Akshar+ program, Rajeev Pandey who was also part of the celebrations, congratulated the neo-literates. On this occasion, Block Coordinator Paras Saini and Team, Senior Supervisor Mueed Alam, Vinesh Kumar from TARA Akshar+, and Raj Bahadur Saini, Vipin, Pooja, Rupa from Village Development Society were present along with village head Sito Devi.

This event held on International Yoga Day for the TA+ Neo-literates has drawn large appreciation and has been reported by the regional newspapers as well.