

**COMPOSITE REGIONAL CENTRE FOR SKILL DEVELOPMENT, REHABILITATION &  
EMPOWERMENT OF PERSONS WITH DISABILITIES**  
(UNDER NATIONAL INSTITUTE FOR LOCOMOTOR DISABILITIES (DIVYANGJAN), KOLKATA)  
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**BRIEF REPORT ON CELEBRATION OF 7<sup>th</sup> INTERANATIONAL DAY  
OF YOGA AT CRCSRE- TRIPURA**

The Composite Regional Centre for Skill Development, Rehabilitation and Empowerment of Persons with Disabilities, Tripura which is under the administrative control of National Institute for Locomotor Disabilities (NILD), Kolkata, has been established on the 8<sup>th</sup> of June, 2018 for the Rehabilitation of Persons with Disabilities in the state of Tripura.

On the 21<sup>st</sup> of June, 2021, CRCSRE- Tripura like other years celebrated it's the 7<sup>th</sup> International Day of Yoga on a smaller scale maintaining the protocols of COVID-19 under the theme of “**Be With Yoga, Be At Home**”. The day was celebrated in presence of all the staff members of the centre and the PwDs and their guardian. Shri BibhutiSarkar, the Nodal Officer, CRCSRE- Tripura has graced the programme by his presence through Video Conferencing. The programme was inaugurated by lightening of the lamp by the Director, CRCSRE-Tripura along with a CWSN and her guardians. The Director, CRCSRE-Tripura welcomed everyone present in the programme through his speech mentioning the significance of the Yoga Day and also about CRCSRE- Tripura and its role in empowerment of the Divyangjan and also the different future goals of the centre. He emphasised the role of yoga in day-to-day lifestyle and its importance in staying healthy and he also explained that in the situation of COVID-19 immunity boosting is the most important of all and yoga does that. The Director, CRCSRE-Tripura also explained the protocols of COVID-19 and urged everyone to get vaccinated, wear mask, maintain hygiene at home and around to avoid COVID-19 infection.



**Director CRCSRE-Tripura inaugurating the program with a CWSN and her guardians**



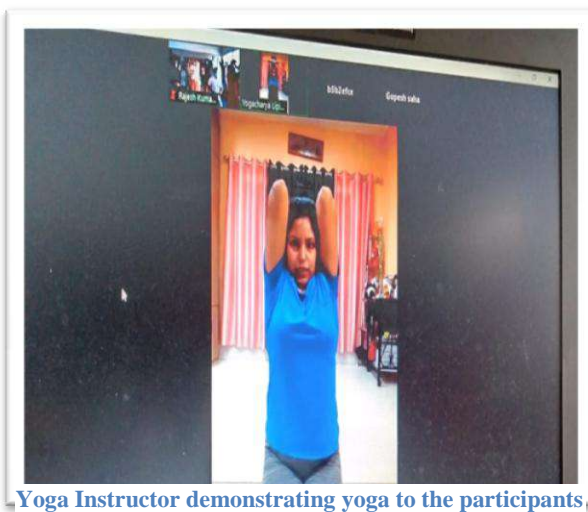
**Director CRCSRE- Tripura addressing the participants**



**Demonstration of Yoga asana to participants though Video Conferencing**

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Following the welcome address, the yoga instructor of the day, Mrs. Lipika Saha demonstrated yoga to all the participants through video conferencing and different forms of yoga were demonstrated such as Utkatasana, Adho-MukhaSvanasana, Trikonasana Vrksasana, Setu-BandhaSarvangasana, Baddha-Konasana, Paschimottanasana, Savasana, Urdhva-MukhaSvanasana, etc. and every participant enthusiastically performed the yoga-asana.



Yoga Instructor demonstrating yoga to the participants



Participants following the yoga instructor and performing yoga asana

Every participant including the employees and the PwDs with their guardians performing yoga



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After, the yoga demonstration was over, the Lecturer (Physiotherapy) of the Centre discussed on the importance of yoga and its effect in daily life. Later, every other professionals of CRCSRE-Tripura discussed the different aspects of yoga and healthy lifestyle, its impact on the society and also on the mental health. At last, the Administrative Officer of the Centre delivered the vote of thanks addressing the participants for joining the program. Following which distribution of packed fruit juices to the participants were done by the Director, CRCSRE- Tripura and thereby concluding the program for the day.

