

Yoga workshop

A huge Yoga Workshop was held under the aegis of Ramakrishna Mission Ashram Gwalior.

Today, on 26th November 2017, a grand Yoga Workshop was held from 06:00 to 8:30 in the Ramakrishna Vidya Mandir premises, in which the teachers of all the institutions of Gwalior's 32 schools, common citizens and Ramakrishna Mission Ashram, People practiced yoga.

The program started at 6:30 in the morning, which was attended by the chief guest of the lamp fire program and the secretary of Ramakrishna Mission Ashram, **Rev. Swami Raghavendrananda Ji**, and addressing the students of the program, said that we would definitely have Yoga included in our lives. Should be done and balance should be done both physically and mentally

As a special guest in the program, **Rev. Swami Tejomayananda Ji Maharaj j**, **Rev. Swami Supradiptananda Ji Maharaj** Principal, Ramakrishna Vidya Mandir (CBSE), as special guest **Mr. Shivraj Singh Verma** ADM Gwalior, **Professor JP Verma** Director LNUPE, **Shri Vinod Kumar** Ministry of Youth and Sports (govt. of India), **Mrs. Nishi Mishra** Principal, Scindia Kanya School, **Dr. Satyaprakash Ji** (Anandak), **Mr. Piyush Awasthi**, **Mr. Pankaj Mishra** Exide Life Insurance, **Mr. NK Gupta** Divisional Head LIC and other dignitaries, Eminent scholars were present.

In the program, along with all the steps of Surya Namaskar, yoga asanas were practiced by Specialist Yoga Gurus and all did it in the same manner.

All the guests visiting Yoga Workshop Students and students of all schools were given Yoga Uniform at the beginning of the program, and in the end, whey and banana were distributed among all participants!

For the success of the program, Ramakrishna Vidya Mandir has been supported by CBSE, MPBSE, Sharada Balgram, Anandak, Vivekananda Center and other institutions.

In the end, the memorandum of the Ramakrishna Vidya Mandir was given by the Principal **Rev. Swami Supradiptananda Ji Maharaj**, while addressing all the students, he said that Yoga was a very important tool for Yoga and development and success in every field of life and said that Yoga and Spirituality only is the identity of Indians by which we were the world gurus centuries ago and in the future, by holding the same yoga and spirituality again, we will become world guru and will establish Mother India on the peak of supreme glory.

Lastly, a song was presented by **Shri Udaybhan ji** and the whole program was beautifully anchored by **Shri Ajay Sharma Ji**.