

Yoga Shiksha Shibir 2009

Vivekananda Kendra Kanyakumari organized an All India Yoga Shiksha Shibir at Vivekanandapuram, Kanyakumari from 5-19 June 2009. In all 41 participated from Arunachal Pradesh, Assam, Goa, Kolkata, Maharashtra, Tamilnadu, Karnataka, Delhi and Gujarat, of which 23 were brothers and 18 sisters. The camp was conducted in English and Hindi simultaneously.

The topics dealt were: Patanjali Yoga Sutra, Indian Culture, Karma Yoga, Challenges before India, Swami Vivekananda, Eknathji Ranade, Story of Vivekananda Rock Memorial, Vivekananda Kendra. The Participants visited Vivekananda Rock Memorial, Kanyakumari Temple, Suchindram Temple and did trekking on Marut Malai hill. Intensive Practical Sessions on Yoga, Pranayama and meditations were held daily. Group discussions, Games and Happy assembly were also held.

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