

GRIID organized Two-day Tricity Yoga Competition for Persons with Intellectual Disability

Government Rehabilitation Institute for Intellectual Disabilities (GRIID), sector 31 C, Chandigarh organized two-day tri-city yoga competition for Persons with intellectual disability (ID) and associated conditions on second and third day of its silver jubilee celebrations. It was organised at Govt. College of Education, sector 20, Chandigarh.

First Day of competition: 2nd August, 2023

Total 40 persons with ID participated in the competition from 9 institutions and special schools of the tri-city.

Dr Mahendra Singh, Principal of Post Graduate Government College of Yoga Education and Health, sector 23, Chandigarh was the Chief Guest. He said that students of GRIID also participated in yoga performance on theme of inclusion on Independence Day celebrations at parade ground, Chandigarh last year. Dr Priti Arun, Joint Director, GRIID also expressed her happiness to see the enthusiasm of the participants. She gave an overview of the month-long silver jubilee celebrations of GRIID.

Dr A.K. Attri, Head of Department of Surgery and Professor in-charge academics, GMCH-32, was the Chief Guest for the second half of the event which was prize distribution ceremony. Dr Attri, Dr Sidana from Department of Psychiatry, GMCH-32 and Ms Vandana, officiating Principal GRIID distributed the prizes. The chief guests congratulated GRIID for their efforts.

Boys and girls performed various yogasanas like bhujangasana, veerbhadrasana, bhadrasana, vrikshasana, trikonasana, etc. in below 14 years and above 14 years categories.

Under 14 years (girls): Naina from SOREM & Manreet as open entry jointly bagged gold medal; Vandana and Aakriti from GRIID won silver and bronze medals respectively.

Under 14 years (boys): Shivam from GRIID, Rudra Dass from 12 wing Air Force and Mivaan from SOREM won gold, silver and bronze medals respectively.

Above 14 years (girls): Kiran from GRIID, Kamini from Pingalwara, and jointly Niharika from GRIID and Triptjot from SOREM bagged 1st, 2nd, and 3rd positions respectively.

Above 14 years (boys): Ashish Chauhan from GRIID, Aman from Asha Chandimandir, and Harsh Raj 12 Wing, Air Force won 1st, 2nd, and 3rd positions respectively.

आंगनवाड़ी कर्मियों के लिए जागरूकता कार्यक्रम का आयोजन



चंडीगढ़। राजकीय बौद्धिक दिव्यांगजन पुनर्वास संस्थान (ग्रिड) द्वारा बुधवार को अपने रजत जयंती समारोह के दूसरे दिन ट्राइसिटी योग प्रतियोगिता का आयोजन किया गया। इस प्रतियोगिता में ट्राइसिटी के कुल 9 संस्थानों एवं विशेष विद्यालय के करीब 39 बौद्धिक दिव्यांग बच्चों ने भाग लिया। बच्चों ने विभिन्न योग आसन जैसे ताड़ासन, वृक्षासन, वीरभद्रासन, त्रिकोणासन, पश्चिमोत्तानासन, भद्रासन, भुजंगासन, धनुरासन इत्यादि का प्रदर्शन किया। इस कार्यक्रम का आयोजन गवर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर 20 में किया गया था। इस कार्यक्रम के मुख्य अतिथि पोस्ट ग्रेजुएट कॉलेज ऑफ योग एजुकेशन एंड हेल्थ, सेक्टर 23 के प्राचार्य डॉ महेंद्र सिंह थे। संस्थान के संयुक्त निदेशक डॉ प्रीति अरुण ने प्रतिभागियों के उत्साह की सराहना की। सभी विजेता प्रतिभागियों को जीएमसीएच सेक्टर 32 के सर्जरी विभाग के प्रमुख और अकादमिक प्रभारी डॉक्टर ए के अत्री, मनोचिकित्सा विभाग के डॉ सिदाना एवं ग्रिड के विशेष विद्यालय के कार्यवाहक प्राचार्या बंदना सिंह के द्वारा पुरस्कृत किया गया। अंडर 14 गर्ल में सोरम की नैना एवं ओपन एंट्री से मनप्रीत ने स्वर्ण पदक, ग्रिड की वंदना ने रजत पदक एवं आकृति ने कांस्य पदक हासिल किया वहीं बॉयज में ग्रिड से शिवम ने स्वर्ण पदक, 12 विंग एयर फोर्स से रुद्रा दास ने रजत पदक एवं सोरम से मीवान ने रजत पदक हासिल किया।

News coverage



Chief Guest Dr Mahender Singh, Govt. College of Yoga Education & Health, Sector 23-A, Chd., lighting the lamp with Dr Priti Arun, Joint Director GRIID, Ms Vandana Officiating Principal GRIID, Dr Ravi KM College Course Co-ordinator and Dr Karuppasamy.



Yoga competitors participating in the competition



Ashish from GRIID won first prize in above 14 years boys category, was awarded certificate and medal by Dr A K. Attri, Director-Principal Govt. Medical College and Hospital (GMCH) sector 32 cum Director GRIID, Dr Seedana, Professor in Department of Psychiatry, GMCH-32, Chd. and Ms Vandana, Officiating Principal GRIID school

Second Day of competition: 3rd August, 2023

Total 55 participants from six special schools/institutes participated in the fusion group performance on the second day of tri-city yoga competition. It included Asha School, SOREM, GRIID, Bhawan vidyalaya, Prayaas, and Bhagat Puran Singh Pingalwara. Students performed suryanamaskar, tadasana, chakrasana, bhujangasana etc. with music of their choice for 5 minutes.

Dr Jaideep Arya, Chairman Haryana Yog Aayog Panchkula and an expert in Ministry of Sports and Ministry of Ayush, was the Chief Guest for the occasion. The auditorium resonated with the chantings of sanskrit shlokas by Dr Arya. He appreciated the high energy level of the participants. Dr Arya reminisced late Dr BS Chavan and appreciated GRIID for doing a fantabulous job by bringing out the potential in persons with ID. He apprised that persons with intellectual disability (ID) and associated conditions will get an opportunity to participate in yogasana sports in paralympics and special olympics and win medals. He apprised that chanting only omkar and gayatri mantra increases the Intelligent Quotient and proposed for conducting a research on effect of yoga on the brain of child collaboratively . He added that yoga is a balance, a rejuvenation and a transformation.

Dr Sapna Nanda, Principal Govt College of Education sector 20 was the Guest of Honour. Dr Priti Arun, Joint Director, GRIID briefed about the etiology of special children

and upcoming events planned for silver jubilee celebrations for the month of August, 2023.

Ms Vandana, officiating Principal GRIID proposed vote of thanks.

Group performance of GRIID students-Pooja, Shivani, Deeksha, Nisha, Nitin, Anup, Gaurav, Abhay, Shiva, Suraj-bagged the gold medal; SOREM students -Purnima, Harleen, Pargati, Milan, Manpreet, Abhishek, Palpreet, Akashdeep, Vineet Singh, and Mannat- won silver medal; and Bhawan Vidyalaya students - Hemant Bajaj, Kunwarjeet, Divyajeet, Aditya, Lakshyaveer, Hardik Aggarwal, Sachin, Harsimran, Pararthana, and Amritpal- won bronze medal.

Ms Manisha and Ms Parineeta, yoga therapists at GRIID, were the co-ordinators of this tri-city yoga competition.



सेक्टर-20 में आयोजित ट्राइसिटी योग प्रतियोगिता में योगासन करते विद्यार्थी। संवाद

छात्रों ने संगीत धुनों के साथ किया योगासनों का प्रदर्शन

चंडीगढ़। गवर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर-20 में आयोजित ट्राइसिटी योग प्रतियोगिता के अंतिम दिन फ्यूजन समूह योग प्रदर्शन का आयोजन किया। इसमें ट्राइसिटी के कुल 6 संस्थानों ग्रिड, आशा स्कूल, सोरम, भवन विद्यालय, प्रयास और भगत पूरन सिंह पिंगलवाड़ा ने हिस्सा लिया।

छात्रों ने मनपसंद संगीत धुनों के साथ सूर्य नमस्कार, ताड़ासन, चक्रासन एवं भुजंगासन इत्यादि आसनों का बेहतरीन प्रदर्शन किया। योग प्रतियोगिता का आयोजन राजकीय बौद्धिक दिव्यांगजन पुनर्वास संस्थान (ग्रिड) के रजत जयंती समारोह के

अवसर पर किया गया। प्रतियोगिता में ग्रिड के छात्रों के समूह (पूजा, शिवानी, दीक्षा, निशा, नितिन, अनूप, गौरव, अभय, शिव और सूरज) ने स्वर्ण पदक; सोरम, सेक्टर-36 के छात्रों के समूह (पूर्णमा, हरलीन, प्रगति, मिलन, मनप्रीत, अभिषेक, पलप्रीत, आकाशदीप, विनीत सिंह और मन्नत) ने रजत पदक जीते।

वहीं, भवन विद्यालय के छात्रों के समूह (हेमंत बजाज, कुंवरजीत, दिव्यजीत, आदित्य, लक्ष्य वीर, हार्दिक अग्रवाल, सचिन, हरसिमरन, प्रार्थना और अमृतपाल ने कांस्य पदक जीते। संवाद

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GRID TEAM WINS GOLD IN YOGA

Chandigarh: The yoga team of Govt Rehabilitation Institute for Intellectual Disabilities (GRID) comprised of Pooja, Shivani, Deeksha, Nisha, Nitin, Anup, Gaurav, Abhay, Shiva and Suraj claimed gold medal in the group event of the Tricity Yoga Competition for persons with intellectual disability. SOREM students — Purnima, Harleen, Pargati, Milan, Manpreet, Abhishek, Palpreet, Akashdeep, Vineet Singh, Mannat — got silver medal, while Bhavan Vidyalaya's Hemant, Divyajeet, Aditya, Lakshyaveer, Kunwarjeet, Hardik, Sachin, Harsimran, Pararthana, and Amritpal — won bronze medal. TNS

News Coverage



Yoga participants giving group performance



Dr Jaideep Arya, the Chief Guest, giving medals to winners



Dr Jaideep Arya, Chief Guest; Dr Sapna Nanda, Principal Govt. College of Education; Dr Priti Arun, Joint Director GRID; Ms Vandana, Officiating Principal GRID; other officers and officials



Dr Jaideep Arya felicitated with a memento by Dr Priti Arun, Joint Director GRID