

IGNOU Regional Centre Dehradun

International Yoga Day 2015

Celebration at the Regional Centre

International Yoga Day 2015 was celebrated on 21 June 2015 by Regional Centre Dehradun. All the academics and staff members of the Regional Centre and Principal of Rajiv Gandhi Navodaya Vidhyalaya Dehradun participated in the celebration. Different yoga posture (*Asana and Prayanams*) were exercised by the participants in the ground of the Regional Centre. 6 students of IGNOU also participated in the event. Regional Director Dr Asha Sharma delivered a lecture on importance of yoga in life and health benefits of different postures. All the participants took oath to practice Yoga in the daily life.

