

IGNOU Regional Centre Dehradun

International Yoga Day 2016

Celebration at the Regional Centre

International Yoga Day 2016 was celebrated on 21 June 2016 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 with the help of a Yoga Guru at MP Hall of Rajiv Gandhi Navodaya Vidhyalaya Dehradun. Yoga Guru also 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.

CELEBRATION OF INTERNATIONAL YOGA DAY - 21 JUNE 2016

