

IGNOU Regional Centre Dehradun

# **International Yoga Day 2018**

## **Celebration at the Regional Centre**

International Yoga Day 2018 was celebrated on 21 June 2018 at Regional Centre premises. All the academics and staff members of the Regional Centre participated in the celebration. Different yoga posture (*Asana and Prayanams*) were exercised by the participants with the help of video clips from yoga experts. Regional Director Dr Asha Sharma and Deputy Director Dr Ranjan Kumar 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.

