

IGNOU Regional Centre Dehradun

International Yoga Day 2019

Celebration at the Regional Centre

International Yoga Day 2019 was celebrated on 21 June 2019 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. 6 students 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 expressed their willingness to do Yogasana in their daily life.

