

IGNOU
REGIONAL CENTRE DELHI-3

A Report on observance of International Yoga Day – 21st June, 2019

IGNOU Regional Centre Delhi-3 observed the International Yoga Day on 21st June, 2019. The programme began at 10.00AM wherein all the staff members of the Regional Centre participated. Sh. Ajay Tomar, an expert of Yoga and Meditation was invited to demonstrate various Yogic exercises and impart lecture on Yoga and healthy living.

Regional Director welcomed Sh. Tomar and briefed the participants about Yoga and its benefits. Sh. Tomar stated that Yoga is the essence of our life and as such everyone of us should make it a part of our daily life further emphasizing that it is a discipline based on a subtle science which harmonizes mind and body. It helps to discover the sense of oneness with ourselves. Thereafter, he demonstrated various yogic exercises and guided the participants to perform various Aashnas and Pranayam.





