

## Report Activities on 9th International Day of Yoga on 21st June 2023 Regional Centre Varanasi



On the occasion of 9<sup>th</sup>International Yoga Day on 21st June 2023, IGNOU Regional Centre Varanasi organized one hour Yoga session in the morning hours at 6:00AM. All the officials & staff of Regional Centre Varanasi led by Regional Director participated and practiced different Yogasan steps.

Dr. U N Tripathi, Regional Director highlighted the importance of Yoga in daily life and told that this is the only option for stays healthy and overcome from tension at the daily life. Dr. S K Pandey, ARD, RC demonstrated some simple yoga steps to remain fit and healthy in busy life.

Dr. U N Tripathi, Regional Director demonstrated different Yogasan like Surya Namaskar, Pranayam to the participants and said that everybody must do Yoga regularly to feel better and lead a long and healthy life.

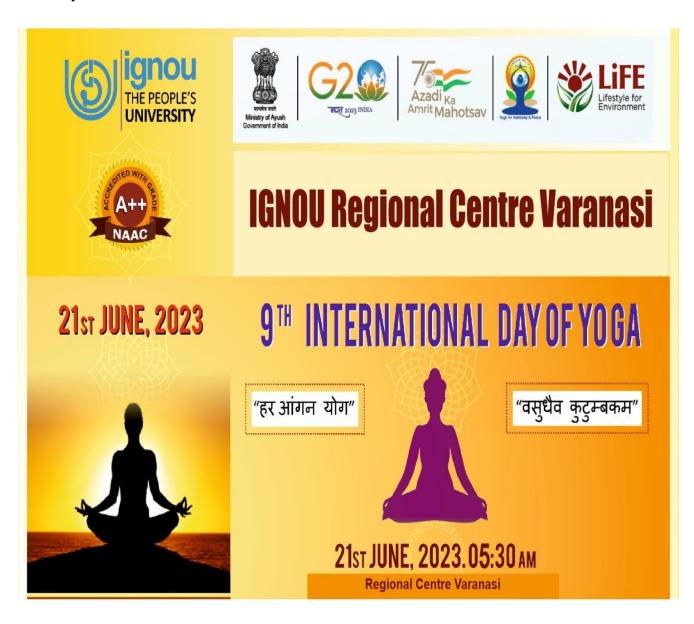


Table 1 Please upload the photographs (Maximum 04) along with the captions in the table





