

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.



The poster is a vibrant orange and yellow design celebrating the 9th International Day of Yoga. At the top, it features logos for IGNOU, the Ministry of Ayush, G20 India 2023, Azadi Ka Amrit Mahotsav, and LiFE. Below these, the text 'IGNOU Regional Centre Varanasi' is prominently displayed. The date '21st JUNE, 2023' and the event title '9TH INTERNATIONAL DAY OF YOGA' are clearly visible. Two silhouettes of people in yoga poses are shown, one on the left and one on the right, with Sanskrit mantras 'हर आंगन योग' and 'वसुधैव कुटुम्बकम्' written above them. The bottom of the poster specifies the time '21st JUNE, 2023. 05:30 AM' and the location 'Regional Centre Varanasi'. A NAAC A++ accreditation logo is also present on the left side.

**ignou**  
THE PEOPLE'S  
UNIVERSITY

भारत सरकार  
Ministry of Ayush  
Government of India

G20  
भारत 2023 INDIA

75  
Azadi Ka  
Amrit Mahotsav

योग के माध्यम से  
Yoga for Harmony & Peace

**LiFE**  
Lifestyle for  
Environment

**IGNOU Regional Centre Varanasi**

**21<sup>ST</sup> JUNE, 2023**

**9<sup>TH</sup> INTERNATIONAL DAY OF YOGA**

“हर आंगन योग”

“वसुधैव कुटुम्बकम्”

**21<sup>ST</sup> JUNE, 2023. 05:30 AM**

Regional Centre Varanasi

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

