

Celebration of 5th International Yoga Day



On the occasion of 5th International Yoga Day on 21st June 2019, IGNOU Regional Centre Varanasi organized a programme on the importance of Yoga in day to day life. In the morning hours at 6:00AM all the officials of Regional Centre Varanasi participated in one hour Yoga session of practicing different Yogasan step. After that a lecture on importance of Yoga was organized in Regional Centre Varanasi premises.

Dr. Kameshwar Upadhyay, world known Astrologer, Spiritual Speaker and Yoga Scholar was the main speaker of the Programme. The programme was chaired by Prof. Upendra Pandey, Honorary Director, Malviya Bhawan, BHU, Varanasi.

Dr. Kameshwar Upadhyay delivered a wonderful lecture on scientific aspects of Yoga and its importance in leading a healthy and spiritually fulfilled life.

The programme was coordinated by Dr. Upendra Nabh Tripathi, Assistant Regional Director, Regional Centre, Varanasi. Dr. Sanjay Kumar, ARD welcome the guest and Shri A K Pandey, AR proposed the vote of thanks.