



इग्नू
जन-जन का
विश्वविद्यालय

IGNOU DIGI NEWS

21 June 2021

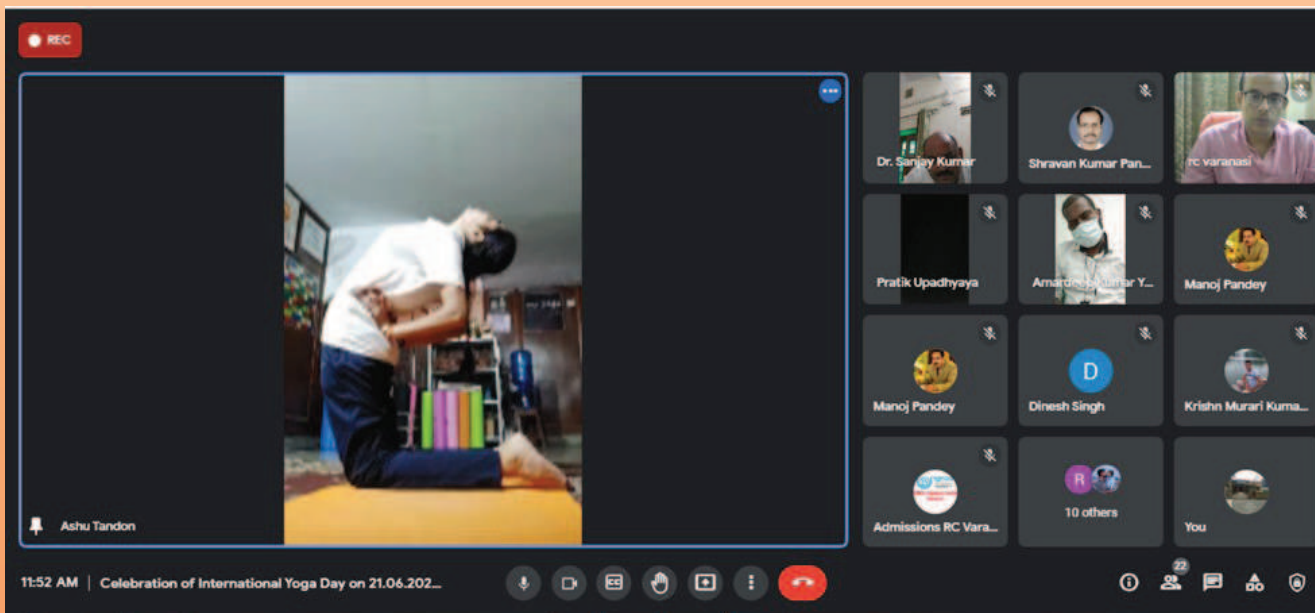
RC- Varanasi

Celebration of International Yoga Day

On the occasion of International Yoga Day on 21st June 2021, IGNOU Regional Centre Varanasi organized a programme on the importance of Yoga in day to day life.



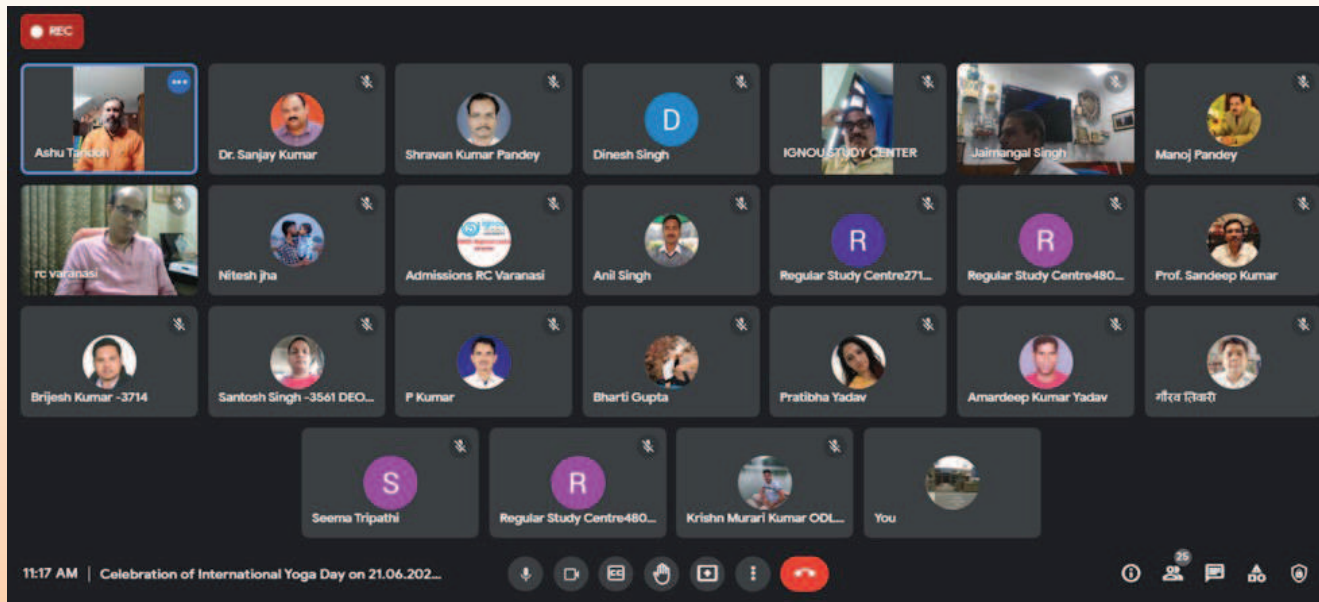
All the officials of Regional Centre, Varanasi, Coordinator of difference LSCs and their part time staffs participated in one hour Yoga session.



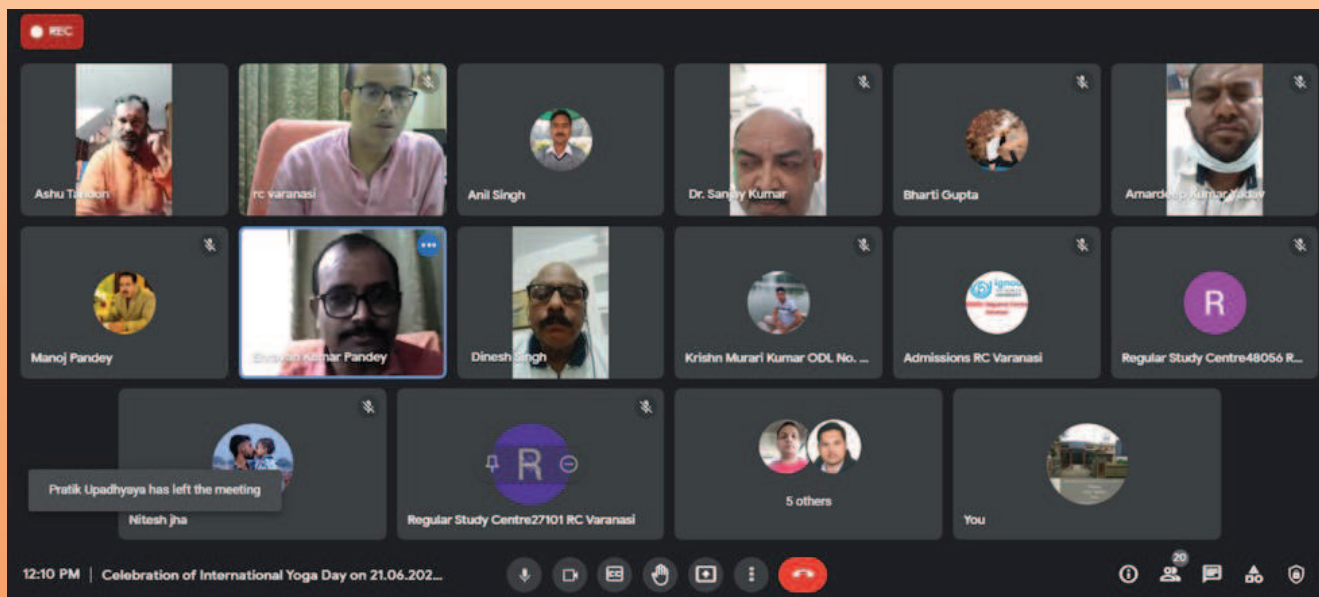
Shri Ashish Tandan ji, Yoga Acharya, Chiatanya Yog Seva Sanstha, Bhelupur, Varanasi was invited as a Resource Person to deliver a lecture for IGNOU Regional Centre Staff and LSC Functionaries on the topic of "Importance of Yoga in life" through Google meet. Mrs. Bharti Gupta, Yoga expert demonstrated different Yogasan steps beneficial for post COVID persons.



Celebration of International Yoga Day



After that Shri Ashish Tandan ji 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, Regional Director (I/c), Regional Centre, Varanasi. Dr. Sanjay Kumar, ARD welcome the guest and Dr. Shraavan Kumar Pandey, ARD proposed the vote of thanks