

# INDIRA GANDHI NATIONAL OPEN UNIVERSITY

## VISAKHAPATNAM REGIONAL CENTRE

### YOGA: A WAY OF HEALTH

- ❖ **4<sup>TH</sup> International Yoga Day Celebrations at IGNOU Regional Centre**
- ❖ **Chief Guest: Dr. R. Tulasi Rao, Assistant Professor, Dept. of Yoga and Consciousness, Andhra University, Visakhapatnam**
- ❖ **A lecture on Yoga in Daily Life and Demonstration of Yoga Asans**

The 4<sup>th</sup> **International Yoga Day celebrations** were held today at the Indira Gandhi National Open University (IGNOU) at MVP Colony, Visakhapatnam. The program was chaired by Dr. S. Raja Rao, Regional Director and Dr. R. Tulasi Rao, Assistant Professor, Department of Yoga & Consciousness, Andhra University, Visakhapatnam was the chief guest and delivered a lecture on the topic "Yoga in Everyday Life".

In the presidential remarks, Dr. Raja Rao explained the importance of International Yoga Day and benefits of Yoga in the day to day professional life. In the lecture, Dr. Tulasi Rao, the Chief Guest has explained the causes of illnesses in the human body and how Yoga can be helpful in fighting with those health problems. As a part of the programme, Dr. Tulasi Rao has demonstrated various YOGA Asans which are useful for the diabetic, Spondylosis and Sciatica Patients.

Furthermore, a power point presentation with many illustrations was shown to the audience on various Yoga postures that are helpful for the healthy human life. Dr. Gonipati Dharmarao, Assistant Regional Director, Sh. A.L.P. Rao, Assistant Registrar, IGNOU Staff, their family members and IGNOU students participated in the event.





