

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

VISAKHAPATNAM REGIONAL CENTRE

IGNOU celebrated Yoga Day

- ❖ 5TH International Yoga Day Celebrations at IGNOU
- ❖ Smt. B. Bharani, Yoga Trainer, Yogabharathi Trust, Visakhapatnam attended as Chief Guest
- ❖ A lecture on Yoga-A need of the hour" and Demonstration of Yoga Asans

The 5th **International Yoga Day celebrations** were held today by the Indira Gandhi National Open University (IGNOU). The program was organized at the IGNOU study centre, Govt. College of Nursing, Visakhapatnam and chaired by Dr. S. Raja Rao, Regional Director. Smt. B. Bharani, Yoga Trainer, Yogabharathi Trust, Visakhapatnam was the chief guest and delivered a lecture on the topic "Yoga-A need of the hour".

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, Smt. Bharani, the Chief Guest has explained the varieties of Yoga postures and Asanas and how they can be helpful in keeping the good health both Mentally and Physically. As a part of the programme, Smt. Bharani has demonstrated various YOGA Asans which are useful in daily life.

Dr. Gonipati Dharmarao, Assistant Regional Director, Sh. A.L.P. Rao, Assistant Registrar, Faculty of the College of Nursing, IGNOU students of BPCCHN Programme and IGNOU Staff participated in the event.







