

INDIRA GANDHI NATIONAL OPEN UNIVERSTIY

REGIONAL CENTRE – PUNE

Report on 8th International Yoga Day observed at RC Pune

As per the direction of the University 8th International Yoga Day was observed 10th June 2022 at RC Pune, where Dr. Kaljal Gupta from NIN was the resource person.

Again today i.e. on 21st June 2022 on the eve of 8th International Yoga Day Sh. Nilesh Khade, yoga teacher was the expert at Regional Centre Pune.

He delivered a lecture followed by the Asanas for the management of stress.

He has performed and taught the following:

- Pranavanad
- Bhstrika
- Kapala bhati
- Bhramari
- Anuloma Viloma
- Sasakaasan
- Vajrasan
- Serrshasan
- Sukhasan and
- Suryanamaskar

All the participants have also performed the above Asanas. They were advised to do yoga regularly at home for at least 30 minutes every day. Programme was concluded with the Vote of thanks proposed by Dr. D R Sharma, Regional Director

Some of the photos taken on this occasion were also attached herewith for your ready reference please.







INDIRA GANDHI NATIONAL OPEN UNIVERSITY

(A Central University under the Ministry of Education, Govt of India)

Regional Center, Pune

**PRESENT WEBINAR ON
Yoga For Stress Management**

INTERNATIONAL YOGA DAY

21st June 2022 at 02.30pm To 03.30pm

