



## **INTERNATIONAL YOGA DAY**

**ON**

**21<sup>ST</sup> JUNE, 2017, WEDNESDAY**

Bharati Vidyapeeth Institute of Management and Research organised International Yoga Day on 21st June, 2017, Wednesday at BVIMR, Paschim Vihar, New Delhi Campus from 8.00 to 9.00 am. The celebration emphasised on the role of yoga on enhancing the health of youth of the country. It was inaugurated by Dr. Vikar Nath, Director, BVIMR, ND. In his speech he emphasised on organising it on regular basis to strengthen the health of the youth and faculty members.

The Yoga instructors Ms. Rekha and Ms. Meenu who also delivers yoga session at IBM were felicitated by Dr. Vikas Nath. Ms. Rekha emphasised on the role of breathing techniques and its importance in maintaining office health of the employees. She also taught some office yoga and gave detailed session on various yogic postures and elaborated on their benefits on human health.

The conveners of the programme, Dr. Broto Rauth Bhardwaj, Professor and Ms. Deepa Kapur, planned for the event and arranged for healthy snacks after the programme to propagate the concept of health through yoga and healthy diet. The vote of thanks was given by Dr. Anoop Pandey on behalf of the organising team. More than 35 employees and students attended the programme. The day ended with doing yoga under the sun to gain positive energy from the nature through various yogic postures.



Dr. Vikas Nath, Director, felicitating Ms. Rekha Sharma, Yoga instructor for conducting yoga on 21<sup>st</sup> June, 2017.



Dr. Vikas Nath, Director, felicitating Ms. Meenu, Yoga instructor for conducting yoga on 21<sup>st</sup> June, 2017.







Employees of BVIMR, ND doing yoga on 21<sup>st</sup> June, 2017.



Prepared by: Dr. Broto Bhardwaj, Professor and Ms. Deepa Kapur, Conveners