

# International Yoga day was celebrated today at IUHP Campus June 21, 2016

International Yoga day was celebrated today at IUHP Campus. Mr. Narender Kumar (Yoga teacher) from Govt. secondary

school was invited for the conduct of this event. He was escorted by event coordinator Dr. R.K. Bhardwaj from Ramgarh.

Hon'ble Vice-chancellor and all the staff members did various yoga asans like kapal bhati, alom-vilom, surya namaskar, shavaasan,

mridula asan, Baddha

Koṇāsana, Bharadvājāsana , Bhekāsana, Bhujāṅgāsana, Dhanurāsana, etc. under the guidance of Yoga teacher.



























