

# International Yoga Day, June 21<sup>st</sup>, 2017

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](#)

[Konāsana](#), [Bharadvājāsana](#), [Bhekāsana](#), [Bhujangāsana](#), [Dhanurāsana](#), etc. under the guidance of Yoga teacher.







