

## International Yoga Day 2022

As we all know that 21<sup>st</sup> June is celebrated as International Yoga Day. The 8th International Yoga Day 2022 will be celebrated all over the world with the theme 'Yoga for Humanity'. So to celebrate this day, DIRD organized an event for students on 21<sup>st</sup> June 2022. The Resource Person for the day was Mr. Ditpesh from Morarji Desai National Institute of Yoga under the Ministry of Ayush. Mr. Ditpesh made the entire session very fun and resourceful. He taught students many yoga asanas like Bhujangasana, tad asan, hal asan, padmasana, trikon asan and many more and also taught them about the health benefits of each asana. He also explained the importance of meditation and yoga in everyday life and how we can adopt a healthy routine in our lives. It was a learning, enriching and knowledgeable session for all.



