

## Regional Institute of English, Sector 32, Chandigarh



**INTERNATIONAL YOGA DAY CELEBRATION  
21 JUNE 2023**



## Regional Institute of English Chandigarh



**Name of Event:** International Yoga Day Celebration

**Date:** 21<sup>st</sup> June 2023

**Convenor:** Dr. Vandana Lunyal, Director, Regional Institute of English, Chandigarh

**Coordinator:** dr Gopal Chandra Nayak, Assistant Professor, Regional Institute of English, Chandigarh

**Resource Person:** Sh Mohit Vasdev, Government College of Education, Yoga and Health, Sector 23, Chandigarh

**Venue:** Lift Area, Regional Institute of English, Chandigarh

**Participants:** 45



# INTERNATIONAL Yoga day

21ST JUNE, 2023

8 A.M. ONWARDS

Sh Mohit Vasdev  
Yoga Instructor  
Government College of Education,  
Yoga and Health





## Regional Institute of English Chandigarh



Regional Institute of English (RIE), Sector 32 Chandigarh celebrated International Yoga Day in its premises on 21 June 2023 at 9:00 am. Thirty students of class IX and X from Government Model High School, Sector 32 Chandigarh along with Dr. Vandana Lunyal, Director, RIE and the teaching and non-teaching staff of the Institute participated in the event. Sh. Mohit Vasdev from Government College of Yoga and Health, Sector 23, Chandigarh conducted the yoga session as resource person. He started the session highlighting the relevance of yoga for leading a balanced and healthy life and then with some warm-up movements proceeded towards the main yogasanas. He guided the participants to perform different exercises and asanas like Vajrasana, Bhujangasana, Siddhasana, Padmasana, Ardha Dhanurasana, Dhanurasana etc. Finally, Sh. Vasdev guided the participants do Pranayam and encouraged everyone to include yoga in their routine to lead a happy and healthy life. Some of the photographs of the event are attached below.





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60 years of carving diamonds





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