

### **10<sup>th</sup> International Yoga Day Celebrated at Regional Institute of English on 21<sup>st</sup> June 2024**

Regional Institute of English (RIE), Sector 32 Chandigarh celebrated International Yoga Day in its premises on 21<sup>st</sup> June 2024 at 9:00 am. Dr. Vandana Lunyal, Director, RIE and the teaching and non-teaching staff of the Institute along with students of class IX and X from Chandigarh Government Schools, participated in the event. Mr. Mohit 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, ArdhaDhanurasana, Dhanurasana etc. Finally, Mr. Mohit guided the participants do Pranayam and encouraged everyone to include yoga in their routine to lead a happy and healthy life. The event was coordinated by Dr. Gopal Chandra Nayak, Assistant Professor, Regional Institute of English, Chandigarh. Some of the photographs of the event are attached below.





21 June 2024 at 9:23 am

21 June 2024 at 9:37 am



21 June 2024 at 9:28 am



21 June 2024 at 9:25 am



21 June 2024 at 9:34 am



21 June 2024 at 9:13 am



21 June 2024 at 9:10 am



The Report is written by Dr. Gopal Chandra Nayak, Assistant Professor, RIE, Chandigarh