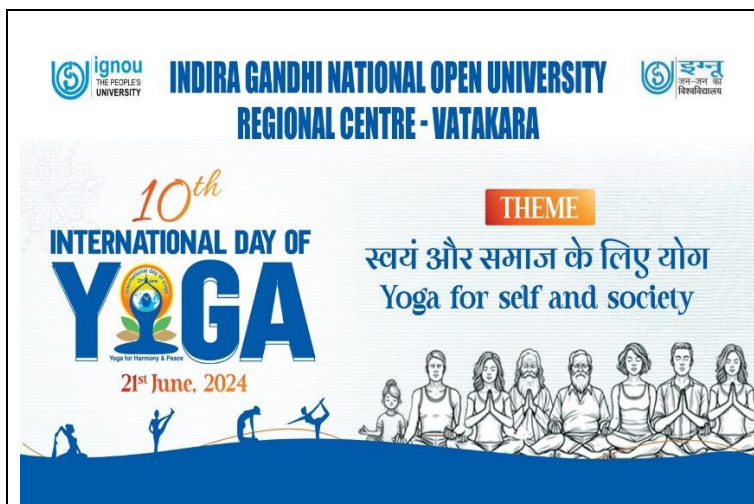


IGNOU Regional Centre Vatakara

Regional Centre Vatakara organised activities in connection with the 10th International Yoga Day. A talk on *Yoga for Self and Society* was organised on the occasion. Yogacharya, Dr.Balakrishnan delivered a very enriching and interesting session wherein he highlighted the benefits of doing Yoga in daily life. He highlighted with interesting examples where Yoga has helped many people in the society to overcome their illness and regain good health. A Yoga demonstration of some basic Yogasanas, Suryanamaskar and Pranayama procedures was given by the Yogacharya. The staff of Regional Centre actively participated in the Yoga Day activity and also raised their queries and doubts which were clarified by the Yoga expert. The Yoga expert was initially welcomed by Dr.Sindhu P Nair, Regional Director. Introduction of the Yogacharya was done by Dr.Prameela.O, Assistant Regional Director. Dr.Chandan Kumar, Assistant Regional Director gave the feedback about the interesting talk and demonstrations. Sh.Praveen Kumara, Deputy Registrar proposed the Vote of thanks on the occasion. The expert encouraged all participants to practice Yoga as a routine activity in their daily life.



IGNOU RC Vatakara -10th International Yoga Day



Talk by Yoga Acharya, Dr.Balakrishnan



Demonstration by the Yoga Acharaya



RC staff attending the Yoga Session