

Report of International Day of Yoga (IDY), 2019, 21st June, 2019

RC Ranchi observed International Yoga Day on 21st June 2019 by organizing a one hour long Demonstration and practice different yoga *asanas* at IGNOU Regional Centre, Ranchi at 7:30am. All staff of RC Ranchi and a few learners had participated in the event. One Yoga Instructor from The Art of Living organization was invited to demonstrate different *asanas* and *pranayams* etc. She also briefed about the benefits of Yoga in general and benefits of different *asanas* in particular. The event was ended with thanking the Instructor and all the participants.

