

International Yoga Day Celebration @ RC Ranchi on 21st June 2018

International Yoga Day was celebrated at IGNOU Regional Centre Ranchi on 21.6.2018. All staff members were invited to attend the 1 hour yoga session at 7:00am followed by a brief talk by the Yoga Instructor from the Art of Living Chapter of Ranchi Mr Jagdish Kumar on 'Yoga and Wellness'. All staff members were participated in the Yoga session . The yoga session and talk on yoga was ended with vote of thanks by Mr S K Singh.

