

INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
REGIONAL CENTRE IMPHAL, MANIPUR

**INTERNATIONAL YOGA DAY CELEBRATION**

The one-day international yoga day celebration organized by RC Imphal was held on 21<sup>st</sup> July 2022 at the premises of RC Imphal. The programme began with Dr. Oinam Jayalakshmi Devi, Regional Director (i/c) explaining the importance of Yoga in our daily life and gave a brief speech regarding the history and theme of International Yoga Day 2022. She then welcomes and felicitates the yoga expert Ms. Chonmila and also welcomes all the staff of RC Imphal.

The programme was followed by a demonstration by the expert and all the staffs participated in the session. The session lasted for about 45 minutes and the programme was closed with a vote of thanks by the Assistant Registrar, Kh. Sushil Kumar Singh.







