

International Yoga Day



2nd International Yoga Day 2016 was celebrated in BVIMR, New Delhi on 21st June,, 2016 as per the instructions of Hon'ble of Vice Chancellor Sir, in which faculty members, non-teaching staff, Students from BVIMR, BVCOE, BVICAM participated. The International Yoga Day started at 7.30 am with felicitation of Ms. Hema Baweja, Regional Director, International Institute of Yoga Management, Sonapat, Haryana by Dr.Vikas Nath, Director-BVIMR. Dr.Vikas Nath enlightened the participants about the necessity of yoga for our healthy and happy life by telling that Yoga is a discipline that interests mind, body and soul. Ms.Hema Baweja briefed about the Yoga, Aasanas, and their benefits to human being.



The participants (35 in number) also practiced some of the Yoga exercises and did meditation under the guidance and supervision of Ms. Hema Baweja. The participants enjoyed the yoga and meditation.



The program was ended with vote of thanks by Dr.LK Tyagi, Coordinator, International Yoga Day Celebration 2016, BVIMR, New Delhi.