

## May 2019

## Celebration of 50<sup>th</sup> day to the event of International Day of Yoga (IDY-2019) as run-up activities

An expert lecture and a workshop were organized on the 50<sup>th</sup> day to the event of International Day of Yoga (i.e. May 2, 2019). This was being organized as a part of run-up activities to IDY-2019. On this occasion, Dr. Neeru Nathani [Associate Professor, Department of Swasthavritta & Yoga, Banaras Hindu University, Varanasi] delivered an expert lecture entitled 'Yoga- A boon for holistic health' and encouraged students and staffs to practice yoga in their daily life. Afterwards, the workshop entitled 'Learning Enhancement by Yoga' was also conducted by Dr. Anjani Kumar Pundarik [Yoga Trainer, Student Activity Centre, MNNIT Allahabad].



2.