

International Yoga Day



Date: 18th – 21th June, 2019

Venue: CBLU Campus, Bhiwani

Organised by: Ch. Bansi Lal University, Bhiwani

Graced by: Mahant Charandas

Sh. Om Parkash Dudiwala, Social Worker

Participation: About 150

About the Event: It has been observed that the government has been laying stress on health of its people, and in this direction, has been imparting Yoga education in Universities. In view of this, International Yoga day is being celebrated on 21st June each year to make the University staff and students aware of the importance of Yoga in daily life. Ch. Bansi Lal University has also started one year PG diploma course in Yoga from the session 2018-19.

In light of this drive Ch. Bansi Lal University Bhiwani chalked out a programme under which a training programme was organized from 18th – 20th June at the University campus so that the interested participants can take part. On 21st June i.e. the eve of International Yoga day about 150 participants took part and exercised Yogic activities and various asanas. Jal neti activities were also demonstrated. The University Yoga teacher, Sh. Sunil Kumar Bhardwaj gave tips about importance of Yoga and made the participants to exercise different tips and Yoga asanas. The celebrations were carried out in the presence of worthy Vice Chancellor, Prof. R.K. Mittal and Registrar, Sh. Jitender Kumar Bhardwaj. The Vice Chancellor announced that a Yoga practice centre will be opened in the University for whole the year for all free of cost and Yoga training will be provided in the camps.