

International Day of Yoga Day celebrated

The 4th International Day of Yoga was celebrated at the Nauni based Dr YS Parmar University of Horticulture and Forestry (UHF) at its campus. Bhahmamurti Yogtheerath Ji Maharaj from the Dhyani Yog Ashram Avam Ayurved Sansthan, Kathni (Sabathu) joined the university students, staff and faculty in the Yoga day celebrations. The students and teachers of St. Ambrose Public School, Nauni also took part in the event.

Yogtheerath Ji Maharaj spoke about the various aspects of yoga. He was of the view that Yoga is a science and a way of life. He urged all the participants to incorporate yoga into their day-to-day activities in order to lead a healthy and stress-free life. He also chose the occasion to speak about the contributions of great Indian sage Maharishi Patanjali and Ayurveda.



In the over one hour-long programme, the participants were apprised about the various yoga *asanas* and its correct techniques. The benefits of these *asanas* were also shared with the participants who took active participation in the activity. Dr HC Sharma, UHF Vice Chancellor thanked Yogtheerath Ji Maharaj for sharing his views and knowledge about yoga with the university.