

International Yoga Day - June 21, 2018

Swami Rama Himalayan University celebrated International Yoga Day on June 21, 2018. The day started with participation of 290 students along with faculty and staff members of Himalayan College of Nursing in the Mass Yoga Demonstration on the occasion of International Yoga Day, along Honourable Prime Minister Mr. Narendra Modi at Forest Research Institute, Dehradun.

Late in the evening a program was organized for the students and campus residents. The program was inaugurated by lighting of the lamp by Dr. Vijay Dhasmana, Vice Chancellor, Swami Rama Himalayan University along with other dignitaries and campus kids. Dr. Dhasmana explained the significance of yoga in building a healthy individual and how it is a path from illness to wellness. Further he emphasized on concentration of breath which helps to reduce our stress and anxiety levels as well. The day came to an end by the demonstration of yoga asanas by campus kids and students.

