REPORT ON CELEBRATION OF INTERNATIONAL DAY OF YOGA ON 21ST JUNE, 2015 AT THE ANTHROPOLOGICAL SURVEY OF INDIA, WRC, UDAIPUR

United Nations has declared 21st June, 2015 as the International Yoga Day. The centre has celebrated the International Yoga Day in a befitting manner by organising a Yoga training and instruction camp in the morning. Members of the WRC, Udaipur and a few people from neighbourhood have attended the morning session. Renowned Yoga instructor Shri. Rahul Soni and Kumari Rashmi Soni have been invited for the training session. Kumari Rashmi Soni at the outset narrated the benefit of Yoga by giving example of Yoga Asanas from the common protocol of yoga Asanas issued by the ministry of AYUSH. Practical demonstration of the Asanas were shown through a ‘hand on’ session. A pictorial chart containing Yoga practice sketches/drawings as per the booklet on common protocol of Yoga Asanas issued by the ministry of AYUSH were distributed among the participants. Approximately 40 to 50 people participated in the camp. The camp ends at 11.30 AM with the ‘vote of thanks’ from the Head of office.