

International Yoga Day celebration by Uttarakhand Residential University, Almora

The team of Uttarakhand Residential University, Almora attended an event on International Yoga Day 21 June 2019 organized by District Administration Almora, Uttarakhand at Simkani Sports Ground, Khatyari, Almora. The event was inaugurated by Deputy Speaker of Uttarakhand Vidhan Sabha, Mr. Raghunath Singh Chauhan and District Magistrate Mr. Nitin Singh Bhadauria. Some activities like- Nature walk, Yoga Practices and meditation were organized during the whole event. Total 26 Teachers and 256 students of University attended the event. During the event University Registrar, Dr. Bipin Chandra Joshi, talk about the importance of yoga and suggested all participants to adopt yoga as a part of daily life activities.



