

Celebration of 5th International Yoga Day



Regional Centre Mumbai celebrated International Yoga Day at Regional Centre Premises. The staff at Regional Centre performed and practised different yoga asanas under the instructions of yoga guru Shri Jivan Sawant. Along with practising asanas he also highlighted the health benefits associated with practising yoga. He also stressed that the proper diet has to be maintained along with the yoga for the holistic development of self and the society in general. The Regional Director (i/c) insisted to make yoga as a part of life style as that of food, shelter and home.