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NEWS

RGNUL Observes International Yoga Day [21 June 2022]

LIVELAW NEWS NETWORK 21 Jun 2022 9:09 PM



The Rajiv Gandhi National University of Law (RGNUL), Punjab observed International Yoga Day on its premises on 21 June 2022. Teaching and Non-teaching staff of the university participated in International Yoga Day Celebrations. Yoga, integral to Indian heritage, is practised all over the world due to its health benefits to mankind. While deep breathing exercises increase blood flow, yoga movements/ *asanas* improve flexibility and strength of the body.

Prof. G.S. Bajpai, Vice-Chancellor, RGNUL observed, "Yoga includes range of contemplative and self-disciplinary practices that reduce levels of stress. Yoga is not simply about exercise but is discovery of oneness in one's own self, Nature and the world. It also balances mind, body and soul. Participating in yoga classes provides an environment for group healing and positivity."

Prof. Anand Pawar, Registrar, RGNUL said "Yoga sessions will be a regular feature at RGNUL in the coming months. These sessions will be conducive for physical fitness and mental well- being of the employees."