



International Yoga Day

21st June 2017

Practice yoga to transform your body and mind
Physically, Mentally and Spiritually

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Celebration of International Day of Yoga

Yoga is an ancient art based on a harmonising system of development for the body, mind, and spirit. It develops the sense of peace and well-being. 21st June is declared as International Day of Yoga by United Nations on 11th of December in 2014.

Yoga is very necessary and beneficial for all human being. International Day of Yoga is celebrated by the people throughout the world on 21st of June in 2017, on Wednesday.

CERC-ENVIS Centre commemorated the day along with the staff of the host organisation. One of our staff Ms. Sandhya Avinash, a trained yoga teacher gave a talk on importance of yoga and its effect on health. She taught us different “**asanas**” that can be easily done by us.

All female staff of the organisation participated in the programme.

