

## **8th International Yoga Day at AIIMS Bibinagar**

AIIMS, Bibinagar celebrated the 8th International Yoga Day with enthusiasm with this year's theme being 'Yoga for Humanity'

Dr. Vikas Bhatia, Director, AIIMS, Bibinagar addressed the gathering highlighting the importance of yoga in our lives . Chief Guest Mr BSN Murthy ( Centre Head of Yoga Sadhna Centre) emphasized the holistic benefits of yoga in his keynote address The occasion was graced by AIIMS, Bibinagar dignitaries- Dean, Dr. Rahul Narang and Additional Medical Superintendent Dr. Kalyani and Dr. Govindrao NK

There was an open-air yoga session conducted for the faculty by Ms. V. Neeraja where she trained the gathering with various Yoga techniques and pranayama. Yoga formations stage performance was given by students.





