

FIRST INTERNATIONAL YOGA DAY CELEBRATION AT BINAPANI ASHRAM ON 21 JUNE,2015

First International Yoga Day was observed with all sincerity and respect toward the ancient Indian wellness practice. The ashram girls performed different types of body postures , called ASANA which enhance and facilitate respiratory efficiency, improve physical and mental status of of human beings.

The participating girls gave live demonstration of Yoga posture under the instruction of their Yoga teacher. Ashram Secretary Ms. Manjusree Saren explained the good effects of Yoga to the students and the spectators. Members of Prajapita Brahma-Kumari Iswariya Mahavidyalaya came to attend the function at Binapani Ashram as invited guests on the occasion. The function concluded with distribution sweets to the participants and guests.

**Dr. Satyabrata Bhattacharya
Chairman
Binapani Educational and Welfare Trust**