# NITRA Observes 3$^{rd}$ International Yoga Day

United Nations General Assembly has declared 21$^{st}$ of June as International Yoga Day. Yoga is ceremoniously practiced all across the world on this date. Furthermore, it is a matter of great pride that Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. In order to mark this day, NITRA has observed the 3$^{rd}$International Yoga Day at its campus in Ghaziabad. Enthusiastic staff members of both NITRA and its academic wing NITRA Technical Campus and students have taken part in this morning yoga-session. Live demonstrations of various **Mudra, Asanaa and Pranama** were presented by experts that the staff members followed. Speeches on benefits of practicing regular yoga to keep fit were also delivered.