

NITRA Observes 4th International Yoga Day

United Nations General Assembly has declared 21st of June as International Yoga Day. Yoga is ceremoniously practiced all over 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 3rd International Yoga Day at its campus in Ghaziabad. A series of speeches on benefits of practicing regular yoga to keep fit were delivered by practicing yoga experts. Staff members of both NITRA and NITRA Technical Campus were greatly benefited by the speeches and following interaction.

