## REPORT ON OBSERVANCE OF INTERNATIONAL YOGA DAY, 2022 AT BGCL, KOLKATA

On the occasion of International Yoga Day, BGCL 0&M and HSE Dept. have performed various Yoga Asanas at BGCL Office on  $21^{st}$  June 2022 to unison towards better health and wellness. The theme of this year's Yoga Day celebrations is **'Yoga for Humanity'**.

Glimpses of various Asanas performed are shown in the following photographs (with tagging at below):



**UTKATASANA** 

**PASCHIMOTTANASANA** 







**VRIKSHASANA** 

**GOMUKHASANA** 

**SHIRSHASANA**