

## INDIRA GANDHI NATIONAL OPEN UNIVERSITY Regional Centre, Lucknow

### Report on Swachhata Special Campaign 3.0

Indira Gandhi National Open University (IGNOU), Regional Centre, Lucknow has organized **Swachhata Special Campaign 3.0** at Janeshwar Mishra Park, Lucknow on Tuesday, 3rd October, 2023. On this occasion **Dr. Manorama Singh**, Senior Regional Director, **Dr. Reena Kumari**, **Dr. Anamika Sinha**, Assistant Regional Director, **Dr. Mukesh Singh**, Yoga Guru and IGNOU learners participated in Swachhata Rally, removal of garbage activities. Slogan in rally are, **"Sab Rogon Ki Ek Davai, Ghar Mein Saaf-Safai, Hum Sabne Yah Thana Hai, Bharat Ko Swachh Banana Hai, Vriksha Dhara Ke Aabhooshan Hain, Karte Door Pradooshan Hain"**. Yoga activities under Mission for Life Style were followed as per instruction of Yoga Guru **Dr. Mukesh Singh**. Bhramari, Anulom-Vilom, Pranaayam, Taadasan and Mandook Asan were practised for better health.











- Senior Regional Director