

**DEPARTMENT OF COMMERCE
DELHI SCHOOL OF ECONOMICS
UNIVERSITY OF DELHI
DELHI**

**3rd INTERNATIONAL DAY OF YOGA
WEDNESDAY, JUNE 21, 2017**

“MEDITATE, RELAX, REJUVENATE”

The **Third International Day of Yoga** was celebrated on **June 21, 2017** by the **Department of Commerce, University of Delhi, Delhi** with great enthusiasm.

While emphasizing upon the importance of yoga in our daily life, the session started while following Common Yoga Protocol including Prayer, Loosening practices, Yogasanas, Kapalbhati, Pranayams, Dhyan, Sankalp, Shanti Path and Pledge.



Photo 1: Om Mantracharan



Photo 2: Lecture on Importance of Yoga



Photo 3: Words of wisdom by Prime Minister Shri Narendra Modi



Photo 4: Suksham Kriya



Photo 5: Yoga asans



Photo 6: Yoga asans



Photo 7: Yoga asans



Photo 8: Yoga asans















The session was closed with the following mantra which we all recited:

*Om, Sarve bhavantu sukhinah, Sarve santu nirāmayāḥ
Sarve bhadraṇi paśyantu, Mā kashchit duḥkha bhāgbhavet
Om Shāntiḥ, Shāntiḥ, Shāntiḥ*