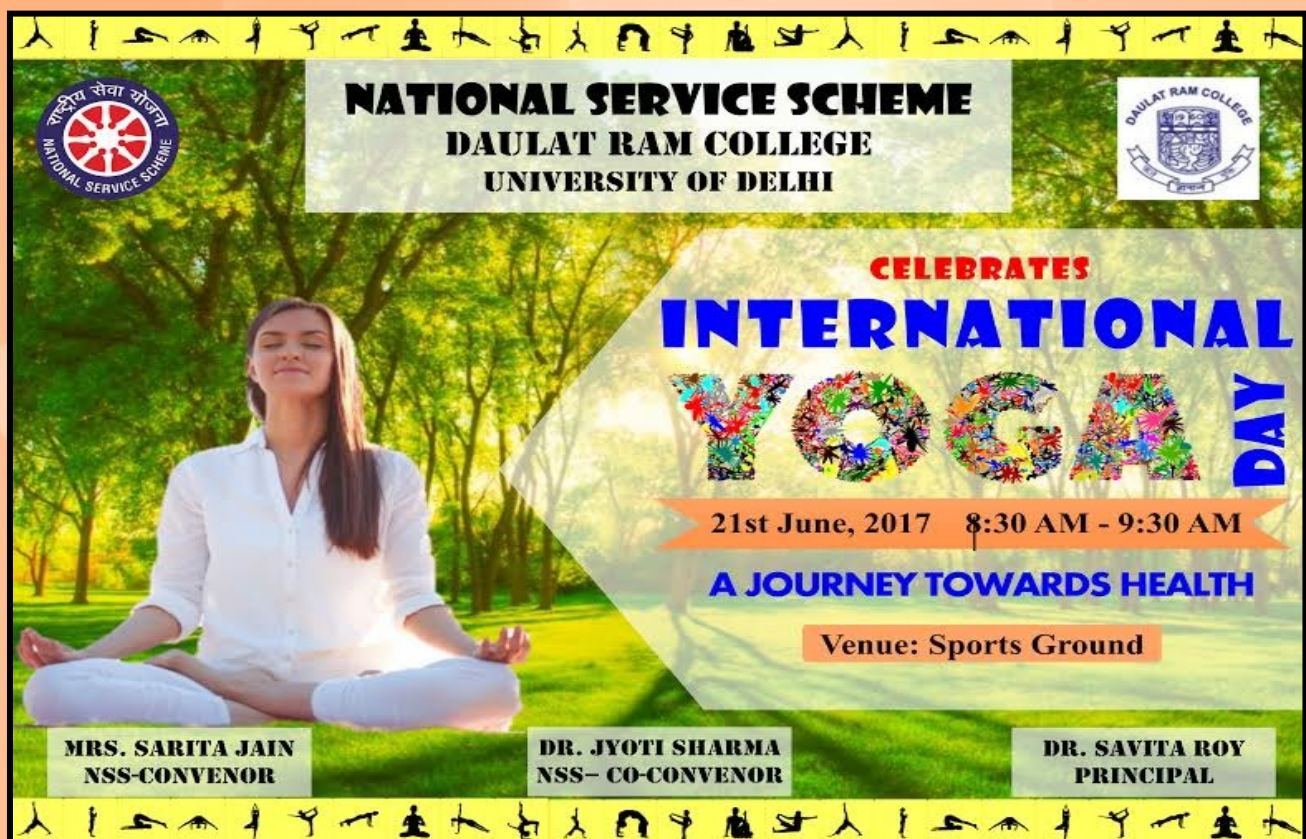


**NATIONAL SERVICE SCHEME
DAULAT RAM COLLEGE
UNIVERSITY OF DELHI**

CELEBRATED

**INTERNATIONAL YOGA DAY
21ST JUNE, 2017**





The NSS Unit of Daulat Ram College in sync with the spirit of International Yoga Day, being celebrated all over the world since 2015, celebrated “International Yoga Day : A Journey towards Health” on 21st June, 2017 at Sports Ground in the college premises with a view to bring peace, harmony and happiness. This celebration aimed at encouraging students to adopt the holistic practice of Yoga in their lifestyle that will help them in their physical as well as all round development.

The occasion was graced by the encouraging and guiding presence of Mr. Praveen Kumar Gupta- the yog acharya of National Acclaim and the District Chief of Bhartiya Yog Sansthan, Guru Teg Bahadur Nagar, Delhi. He has been in association and serving the Sansthan for the last 15 years. He was accompanied by four yoga instructors Mrs Manju Pataudiya, Mrs. Lisha Chawla, Mrs. Neha Narang and Mrs. Anita Gupta.



Lighting of the lamp by our chief guest Mr. Praveen Kumar Gupta

There were 44 volunteers present for the yoga session and teachers also participated actively with full zeal.

The programme commenced with the lighting of the Lamp and Gaytari Mantra. Then The Programme Officer, Mrs. Sarita Jain welcomed the

Chief Guest and the gathering. Then the Chief Guest began with first Padmasan and Gyan Mudra. Mr. Gupta taught the students to slowly breathe in and out. He made students do the aasans like vrikshaasan and told them about the benefits of doing it. He also went on with teaching the students about other aasans and pranayama. The other instructors also taught the students about vjrasan, sasakaasan and etc. The students learned 15 different aasans and pranayam like anulom vilom. At last, the instructor made everyone do the haasyasan and asked to take the pledge that we will do yoga everyday and will lead a healthy life. He also talked to the students about the good eating habits. We prayed for everybody's good health. The event ended with a vote of thanks to our guests and Rashtriya Gaan.



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Group photograph with chief guest Mr. Praveen Kumar Gupta with his team, NSS Teacher Members, NSS Union Members and participants

Mrs. Sarita Jain
NSS– Convenor