

The yoga day was celebrated at JDMC in keeping with the basic philosophy behind yoga that it is a work in and not a work out.

The college had invited Mr. S.K. Saggar and Mr. Amit Kumar Sharma, yoga instructor to conduct the yoga day at the college.

The principal Dr. Swati Pal welcomed the speaker and participated in the yoga day along with the teaching and the non teaching staff and the students.



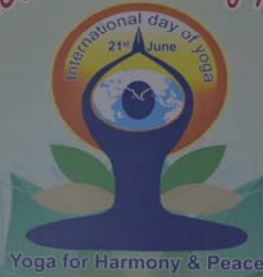




JANKI DEVI MEMORIAL COLLEGE
is celebrating



- Act, Act in the Living Present -



3rd INTERNATIONAL YOGA DAY

Wednesday, 21st June, 2017

Yoga is for
Good health, Peace of mind
& Development of quality
of life.

Yoga changes
Manner of speaking, View
point, Belief, Self-control,
Convictions & Thoughts

Yoga improves
The Imbalance of digestive
system

Yoga removes
Toxins from joints

Yoga trains
Senses, Mind and
Emotions

Yoga eliminates
Physical & Mental Sickness

Instructor :
Amit Kumar Sharma