

KAMALA NEHRU COLLEGE

3rd INTERNATIONAL YOGA DAY

Action report

Yoga is a spiritual, physical and mental practice that needs to be carried daily. The College decided to celebrate Yoga Day by practicing and creating awareness about yoga and its benefits. On the occasion of the 3rd International Yoga Day, Kamala Nehru College had conducted a four day Yoga Camp actively participated by all NCC Cadets. The event started on 18th June 2017, Sunday. The days 18th, 19th and 20th were observed as practice sessions of Yoga Camp, conducted by the NCC. The 21st of June 2017 was the main event. A spring for a healthier tomorrow, the event was conducted under the supervision of the Yoga Institute, South Delhi. Mr. Devendra Kumar Gupta (Chairman), Shrimati Vijayalaxmi ji (Centre Head) along with their team of Mrs. Shashi Gupta ji, Mrs. Sarita Bhardwaj and Mrs. Neera, acted as the perfect guides for the event. Approximately 400 students took part in the session from different colleges of the university. The list of numbers attending the programme is attached below:-

S/N	COLLEGE/ SCHOOL	NO. OF STUDENTS
1	Kamala Nehru College	100
2	Gargi College	65
3	Lady Sri Ram College	50
4	Dyal Singh College	65
5	Deshbandhu College	35
6	Delhi Police Public School	20
7	St. Mary Public School	25
8	K.R. Mangalam World School	20
9	Delhi Kannada Public School	20

The students were educated on the importance of Yoga. They were explained that Yoga helps in maintaining not only mental and physical health but also a healthy social life. The programme started from 6:30 AM and went upto 9:00 AM. The first three days of the event consisted of practice sessions and enchanting. The last day, 21st June, started off with Mr. Devendra Kumar Gupta enlightening the students about Yoga and its benefits, and why one should adopt Yoga in their daily routine, which was followed by various asanas starting with warming up and stretching yoga followed by the series of Padmasana , Vajrasana , Dhanurasana , Chakrasana , Sarvangasana , Halasana Bhujangasana and ending with Shavasana.

The event was concluded by Ms. Seema Kaushik, with a talk organized by NSS unit of the college by Yoga Teacher of Convent of Jesus and Mary School. She enlightened the students about different benefits of Yoga, its scientific relevance and age long history behind it. With this we concluded our 3rd International Yoga Day.