

KESHAV MAHAVIDYALAYA

(UNIVERSITY OF DELHI)
H-4-5 ZONE, PITAMPURA, DELHI – 110034

Dated: 21.06.2017

INTERNATIONAL DAY OF YOGA CELEBRATIONS

International Day of Yoga was observed and successfully organised on 21st June 2017 in our College, Keshav Mahavidyalaya. NSS student volunteers and the staff members put their best effort to successfully organise the event. Yogachariya Shri.Tirath Singh Ji with their two fellow colleagues from Yogashram & Research Center, Mangalam Place, Sector-3, Rohini were invited to educate about Yoga and to demonstrate Yoga exercises. They started the session with a brief introduction about Yoga and enlightened all about the benefits of Yoga in providing a holistic approach towards health and well-being.

Yogic practice started with chanting of *Gayatri Mantra*. Dr.Singh emphasised on stretching and squeezing yogic vyayams before doing main Yogic asanas. After the stretching vyayam we all did various yogasanas under his able guidance. Asanas such as Tadasana, Ardh Chakrasana, Bhujangasana, Kapalbhati, Bhramari Pranayama and many more were performed by all including, NSS volunteers, Teachers and Non-Teaching staff. Dr. Singh explained each asan with simplicity and highlighted the respective health benefits from each asan. Yogic practise was followed by meditation through which we all tried to bring harmony between our mind and body. Yogic session was ended by a *Sankalp* that we all will give our best to serve the Humanity.

Dr. Singh and Principal, Dr. Madhu Pruthi encouraged the NSS Volunteers with their motivated lecture. Light refreshments were provided to all after the end of One and half hours long Yogic session. The event became a huge success and inculcated everybody with an approach towards holistic health, happiness and harmony which are the prime teachings of yoga.

Dr. Dhanpal Singh
NSS Programme Officer
Keshav Mahavidyalaya

Photographs of the Event



















NSS Volunteers,students, College Staff Members and Principal Madam Participating during the International Yoga day Session at Keshav Mahavidyalaya(University of Delhi).