

THE 3RD INTERNATIONAL YOGA DAY CELEBRATION AT LADY SHRI RAM COLLEGE

International Yoga Day is celebrated annually on 21st June since its inception in 2015. This year was no different. Lady Shri Ram College for women which is known for its regular and enthusiastic yoga classes, celebrated the 3rd International Yoga Day with great vigor which saw the participation of over 40 students and faculty.

The celebration commenced with a welcome note by the Culture Secretary of NSS. It was followed by Principal Suman Sharma's address to the audience present. Faculty, non teaching staff and the students of the college made up the enthusiastic audience for the day. The Principal's address was followed by an introduction to the event which marked collaboration between the NSS and NSO wings of the college. The special guest of the day, Kajal Chaudhary, was the yoga educator and instructor for the day. She addressed the audience and informed them about the misconceptions commonly associated with yoga. She imparted knowledge regarding the origins of yoga, its benefits and necessity in our busy day to day lives. Yoga can be seen as a fruitful path which can be taken up to achieve whatever one wishes to achieve in one's life.

The LSR yoga team performed a routine to celebrate the peaceful and mindful experience that comes with the practice of yoga. Ms. Kajal and Ms. Preeti along with their team conducted a brief but rejuvenating yoga session which included basic asanas for one's back, legs and calf muscles along with some breathing exercises to increase concentration and develop composure.

The session ended with a vote of thanks by the President of NSS and a token of appreciation was presented to the guests. After a speech by the guests, the event came to an end followed by refreshments. There was a healthy discussion among the participants regarding their experience of the session.

The event was a success with the entire college resounding with the chants of 'om' and the peace that comes with the experience of yoga.



