

RAMANUJAN COLLEGE

University of Delhi

Accredited grade 'A' by NAAC

3rd INTERNATIONAL YOGA DAY

21 June 2017

The third International Yoga Day was celebrated at Ramanujan College with full energy and gusto. Chakras were aligned and soothing words were spoken as participants were gently led through a series of movements to make them understand both the technique and philosophy of yoga.



There were 80 members from the teaching faculty, non-teaching staff and student body that participated on this occasion. The session was carried out at the **Ghalib Auditorium** from **10:30 – 12:30 am**.



Acharaya Dev Chaudhary, our guest for the event was trained in Yoga, Psychology and Sanskrit at Gurukul, Rishikesh. He has been practicing yoga for 20 years and teaching it for 11 years. He has had a wide range of experience in a variety of sectors - government, private, corporate, defense, colleges, clubs etc. He has also rendered services to children with special needs, cancer patients of Cansupport, old age homes and orphanages.



He began the session by chanting Om and the Gayatri mantra and also explained its meaning to the audience. He talked about relaxation and how the mind can be used to concentrate. He then proceeded to teach proper breathing through *pranayama*. This was followed by *trikon aasan*, *tad aasan*, *kati chakra*, *bhujang* and *vajra aasan* and *surya namaskar* and *Yog nidra*. The audience learnt and practiced alongside. The session ended with a longer interaction and a question/answer round. Here he addressed the queries from the participants about the methodology of yoga.



The day ended successfully with the audience learning a great deal about yoga. The crucial health benefits provided by yoga in both mind and body were appreciated by one and all.