

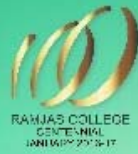
## **INTERNATIONAL YOGA DAY 21<sup>st</sup> June 2017**

### **RAMJAS COLLEGE YOG KENDRA**

**Special Guests- Shri Vipin Jain, Shri Rakesh Bihari Mittal, Smt. Lakshmi Priya Kejriwal, Smt. Sumitra Poddar- Baratiya Yog Sansthan, Pitam Pura, New Delhi-34**

The word Yoga is derived from Sanskrit word 'Yuj'; it is a group of physical, mental, and spiritual practices or disciplines. Today Yoga is practiced in various forms around the world and is gaining more and more popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

Ramjas College, the third oldest college of University of Delhi, had celebrated the International Yoga Day at 8.00 am on 21<sup>st</sup> June 2017. The programme included a talk by Shri Vipin Jain, Officer in charge, Bhartiya Yog Sansthan, Pitam Pura, New Delhi, who highlighted the importance of Yoga in our everyday life. He emphasized that Yoga is not a religion, rather it is a way of life. It promotes a balanced development of physical, mental and spiritual aspects of an individual. It is an essence of a healthy lifestyle. This was followed by demonstration of Yog asanas including Pranayam, Shavasan, Pawanmukt asan, Bhujang asan, Ardh chakra asan, Trikon asan and many others. The participants were given a T-shirt with the logo of International Yoga Day that signifies the motto of 'Peace and Harmony' among all. The programme was followed by light refreshments.



# INTERNATIONAL DAY OF YOGA

## Ramjas College Yog Kendra

Ramjas College, University of Delhi, Delhi, India

### Programme

A talk by an eminent expert on  
the importance of Yoga.  
(08:00 a.m.)

21st June, 2017  
08:00 a.m.

Yoga & Pranayam demonstra-  
tion (08:15 a.m.)

Venue: Front Lawn,  
Ramjas College

Refreshments (08:45 a.m.)



Yoga for Harmony & Peace

All are Cordially Invited



