

**Action Taken Report
on the celebration of
International Yoga Day
at the
Shyam Lal College (Eve.),
University of Delhi**

21st June 2017

Our College celebrated International Yoga Day on Wednesday, 21.06.2017 with great enthusiasm and delight. Dr. Sushma Yadav, Member UGC was invited as Chief Guest on the occasion. The list of events organized during the day is as under: -

1. College Stage area was selected for demonstration of Yoga, where all the requisite arrangements were made including carpets, tent, platform for yoga etc. The event was started at 7:00 A.M. with the demonstration of yoga by Ms. Jayawanti (Yoga Expert). She gave demonstration for (approximately one hour) related to Asana, Pranayam and Meditation. Students, Teaching & non-teaching staff also performed Asanas, Pranayam and meditation and they all were well appreciated by the Yoga Expert.
2. Thereafter, a lecture on 'Importance of Yoga' was delivered by the second expert of the event, Mr. Arun Srivastava, Sanrakshak Adhikari, Bhartiya Yog Sansthan. He took about one hour for delivering the lecture in the Computer Room.
3. An audio-video programme screened to demonstrate various forms of yoga i.e. Pranayam, Meditation and Asana in the Computer Lab of the College.
4. Dr. R.L. Gupta, Senior Commerce Associate Professor of the college also delivered a lecture related to yoga.
5. In the end, Dr. S.K. Taneja, Associate Professor, Physical Education & Sports delivered a lecture on 'Yoga and Pranayam'. He also briefed about the importance of yoga in day to day life.
6. Various Posters and Banners on the theme of the event were displayed during the celebration of Yoga Day in the College Campus, in general and in the Computer Lab, in particular. These posters and Banners were related to yoga, Pranayam and meditation create positive ambience at the College.

The event was well appreciated and attended in large by all the stake holders of the College with great enthusiasm under the leadership of Dr. S.K. Taneja, Associate Professor, Department of Physical Education and Dr. Pravin Kumar, Principal of the College.

















