

Action Taken Report of Colleges

| S. No. | College Name | Location of College | Programmes Held | Whether all activities with audio/video/photographs have been uploaded as per enclosed NIC's Communication |
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| 1 | Acharya Narendra Dev College | College Campus | College organized a lecture on the ' <i>Importance of Yoga in Life</i> ' by Dr D. P. Sharma, Associate Professor at Indira Gandhi Institute of Physical Education and Social Science. Dr Sharma elaborated the meaning of word 'YOG and YOGA'. , Highlighted the importance of Asanas, <u>Pranavam and Spirituality</u> | Yes |
| 2 | Aditi Mahavidyalaya | College Campus | Team of students also went to different places and conducted yoga sessions for people of different strata. A yoga instructor was inviting who displayed various postures of Yoga Asanas and helped others in practicing those. Apart from it yoga teaching disseminates a brief overview of benefits of yoga in day-to-day life and how it helps in dealing with stress and keeping oneself physically and mentally healthy. | Yes |
| 3 | Aryabhata College | College Campus | Yoga session organised on 21.06.2017 | Yes |
| 4 | Bhagini Nivedita College | Kair Village, Near Najafgarh, New Delhi-110043. | Mass Yoga Demonstration, Live Demonstrations inviting Yoga Experts, Lecture on importance of Yoga for health | Yes |
| 5 | Bharati College | College Campus | The International Yoga Day at Bharati College was celebrated by organizing a session on the benefits of yoga with the students and staff of the college. The instructors from Bhartiya Yoga Sansthan made the participants aware of the benefits of yoga in our daily routine. Some specific exercises and pranayam were performed followed by a brief description of each for cleansing our mind and body, under the guidance of Mrs Shashi Tyagi one of the yoga instructors. The students were encouraged to make yoga a regular habit in their stressful life. The college principal delivered a vote of thanks and appreciated that such sessions should be held in the college at regular intervals. | Yes |
| 6 | Bhaskaracharya College of Applied Sciences | College Campus | delivered a talk on the "Importance of Yoga" in our life. Demonstration and participative session on various yoga asanas and pranayams were also organized | Yes |

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| 7 | Bhim Rao Ambedkar College | College Campus | Practice sessions begun from 17/6/17 under the supervision of instructors from the Bhartiya Yog Sansthan. 2) Students performed yoga as per the protocol of the Govt. of India 3) As many as 130 students from various courses performed yoga. 4) Yoga literature was distributed at the end of the final session today. We started today's programme after singing vande matram and culminated with the national anthem. 5) There was an encouraging participation of the yoga committee members as well as other teaching and non teaching staff. | No |
| 8 | Daulat Ram College | College Campus | The NSS Unit of Daulat Ram College in sync with the spirit of International Yoga Day, being celebrated all over the world since 2015, celebrated "International Yoga Day : A Journey towards Health" on 21st June,2017 at Sports Ground in the college premises with a view to bring peace, harmony and happiness. This celebration aimed at encouraging students to adopt the holistic practice of Yoga in their lifestyle that will help them in their physical as well as all round development. | Yes |
| 9 | Delhi College Of Arts & Commerce | College Campus | Yoga session organised on 21.06.2017 under the supervision of yoga instructor | Yes |
| 10 | Deshbandhu College | College Campus | Yoga session organised on 21.06.2017 | Yes |
| 11 | Hans Raj College | College Campus | Hansraj College organised a three day yoga camp from 19th June to 21st June, They performed and taught each asana while emphasizing the role of yoga in stabilizing the body, mind and emotions, | Yes |
| 12 | Hindu College | College Campus | Hindu College NCC organized a three day Yoga workshop from 19th June to 21 June 2017, guided by the members of Bhartiya Yog Sansthan, Mr. Darampal, Mr. Vinod Bhatia, Mr. Praveen, gave lectures on Importance of Yoga in everyday life. | Yes |
| 13 | Indraprastha College For Women | I.P. College Gymnasium Hall | Organized a lecture on Yoga by Yoga Expert, Demo and Paratise session, the session ended with a question answer round | Yes |
| 14 | Institute of Home Economics | College Campus | Invited the famous yog expert Mr. Rajiv Shukla, around 40 NSS volunteers along with faculty and staff members attended the session, Demonstrated several asanas including surya namaskaar and three forms of pranayaam, Highligh of the session was chair yoga, also conducted essay writing and poster making competition to mark the event | Yes |

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| 15 | Janki Devi Memorial College | College Campus | College woke up at dot 8 am to take yoga lessons from Shri S.K Saggar and Shri Amit Kumar (yoga experts and instructors). Speakers at the occasion made the college do some interesting yoga as well as answered some of the pertinent questions put forth by the Students and staff ranging from varicose veins to stress and how yoga can help to eliminate the problems. With the rendition of Ohm to explain the Prana and Prana Vayu to Tadasana to Surya Namaskaram and later concluding it with Shawaasana | Yes |
| 16 | Jesus & Mary College | Chanakyapuri, New Delhi- 110021 | 1 Lecture by yogacharya Pawan Raipuria on "Relevance of yoga in the contemporary time amongst the youth" 2. NSS JMC Volunteers participated in the Mass Demonstration at NSS Centre, University of Delhi | Yes |
| 17 | Kamala Nehru College | College Campus | Kamala Nehru College had conducted a four day Yoga Camp actively participated by all NCC Cadets., various aasanas starting with warming up and stretching yoga followed by the series of Padmasana , Vajrasana , Dhanurasana , Chakrasana , Sarvangasana , Halasana Bhujangasana and ending with Shavasana. | |
| 18 | Keshav Mahavidyalaya | College Campus | Yogic practice started with chanting of <i>Gayatri Mantra</i> . Dr.Singh emphasised on streching and squeezing yogic vyayams before doing main Yogic asanas. After the streching 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. Light refreshments were provided to all after the end of One and half hours long Yogic session | Yes |
| 19 | Kirori Mal College | Sports Ground and Auditorium | 10 days Yoga Cadre (12 th June-21 st June, 2017) Lectures on Importance of Yoga | Yes |
| 20 | Lady Irwin College | | | |

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| 21 | Lady Shri Ram College for Women | College Campus | 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. | Yes |
| 22 | Maharaja Agrasen College | College Campus | International Yoga Day was celebrated in Maharaja Agrasen College on 21.06.2017 | http://www.mac.du.ac.in/YD2017/YD2017.php |
| 23 | Miranda House | Patel Chest, University of Delhi | Yoga session and lecture | http://mirandahouse.ac.in/idy2017.php and slideshow of photos of Yoga Day 2017 |
| 24 | P.G.D.A.V. College (Morning) | Nehru Nagar, New Delhi-110065 | Prayer & Yogasanas | Yes |
| 25 | Rajdhani College | College Campus | in a programme (Yoga Camp) organised on the International Day of Yoga in the college. Dr. Giri said, Maharshi Patanjali by creating 'Ashtang-Yoga' constructed one hundred ninety six formulas to make it a proper science. At this occasion Harish Nanda and Sudha Upadhyay of Delhi Yoga Institute, provided Yoga training. Dr. R.D. Sharma | Yes |
| 26 | Ram Lal Anand College | Benito Juarez Road, New Delhi-110021 | Three Day workshop on Yoga from 19th to 21st June, 2017, 9th June, 2017, Lecture "Introduction to yoga" by Expert Deepak Saini, 20th June 2017, Live demonstration and mass activity on Yoga by Yoga Expert Deepak Saini, 21st June 2017 (A) Screening of CYP 2017 CD issued by ministry of AYUSH in the Amphitheatre. (B) Live demonstration and mass activity on Yoga following Common Yoga Protocol by Yoga Expert Deepak Saini, (C) Distribution of Printed material related to symptoms, causes, type of food to eat and yoga sanas related to different diseases like Hypertension, Disabetes, Arthritis, Cervical Spondylitis etc | Yes |
| 27 | Ramanujan College | college campus | 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. | Yes |
| 28 | Ramjas College | North Campus University of Delhi | Talk by eminent expert Sh. Vipin Jain, Officer In-charge, Bhartiya Yog Sansthan, Pitampura on the importance of Yoga Yoga and Pranayam Demonstration staff and student body that participated on this occasion. The session was carried out at the Ghalib Auditorium from 10:30 – 12:30 am | Yes |

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| 29 | Shaheed Bhagat Singh College (Morning) | College Campus | Dr. Navdeep Joshi and Dr. Manjari Joshi were the resource persons for various Yoga exercises. The Yoga session was held from 10:00 am to 11:00 am on 21st June, 2017. The | Yes |
| 30 | Shaheed Bhagat Singh College (Evening) | College Campus | Dr. Navdeep Joshi and Dr. Manjari Joshi were the resource persons for various Yoga exercises. The Yoga session was held from 10:00 am to 11:00 am on 21st June, 2017. The event was coordinated by Dr. V. S. Negi, Associate Professor in the Department of Geography and Dr. Ranjeet Kumar, Secretary, Staff Council of this College. | Yes |
| 31 | Shivaji College | Ring Road, Raja Garden, New Delhi-110027 | The day started with an interactive session on the importance of yoga by Mr. Suresh Vij and the entire team of Bharatiya Yog Sansthan. This was followed by a yoga demonstration of an hour. 'Yog Manjari' of July to September 2016, the quarterly journal of the Sansthan, was distributed by the team, free of cost to all the participants. The programme culminated by the distribution of refreshments. The Sansthan also put up a stall, where literature associated with yoga was put on sale. | Yes |
| 32 | Shri Ram College of Commerce | Maurice Nagar, Delhi | Yoga session for teachers, students and staff at 7:00 am in the college premises | Pictures hve been uploaded on the college's website and details have been sent to NIC as well |
| 33 | Shyam Lal College(Morning) | College Campus | I am sending herewith the action taken report on celebration of International Yoga day held on 21.06.2017 | No |
| 34 | Shyam Lal College (Evening) | | | |
| 35 | Shyama Prasad Mukherji College | Punjabi Bagh (west) Today, | | |
| 36 | Sri Aurobindo College(Morning) | Malviya Nagar, New Delhi-110017 | Yoga Lecture, Yoga Demonstration, Distribution of Yoga Literature | Yes |
| 37 | Sri Guru Nanak Dev Khalsa College | College Campus | Excellent introduction to the basics of yoga for the benefit for their audience and also demonstrated the need to perform exercises with coorrect technique, Emphasized the fact that correct posture and manner of performing yogic exercises | No |
| 38 | S.G.T.B. Khalsa College | College Campus | Activity was held under the supervision of Mrs. Reena Jain and her team from Bhartiya Yoga Sansthan, Delhi. The participants practised yoga on 18, 19, 20 June and performed on 21 June 2017. The event was very successful. | No |
| 39 | Sri Venketeswara College | College Campus | Yoga session organised on 21.06.2017 | Yes |
| 40 | Zakir Husain Delhi College | College Campus | Practice session were organized on several days by NSS and NCC students. Main function was organised on 21.06.2017 at 7.00 a.m. | Yes |