

RAJDHANI COLLEGE: RAJA GARDEN: NEW DELHI-110015
(UNIVERSITY OF DELHI)

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Yoga: A Coordination of mind, heart and body.

Yoga is one of the oldest science in human history. It is a matter of pride for us for its origin in India. After a prolonged thought and meditation ages ago our sages for the welfare of mankind have started it. Yoga fundamentally a method of spirituality, functions to balance mind, heart and body. According to yoga- Science the meeting of Almighty and the Being is a result of a right and successful exercise of yoga.

The above statement is made by Dr. Rajesh Giri, the Principal of Rajdhani College (University of Delhi) on the occasion of International Day of Yoga celebrated in the sports ground of the college. Dr. Giri said, Maharshi Patanjali by creating 'Ashtang-Yoga' constructed one hundred ninety six formulas to make it a proper science. Now many people obey certain rules of Yoga. People believe it to be a method to keep one's body fit. He further said that our Prime Minister in the general meeting of the United Nations held on the 27th September 2014 appealed for an international day for yoga and the world community complied to it. It is a matter of pleasure that 193 countries of world have supported June 21st to be the International Yoga Day and it started from the year 2015.

The occasion was also graced by the presence of **Dr. Rajesh Sharma MD, SMBRS & member, National board of micro, small, Medium, Enterprises, Ministry of MS & ME, Government of India.** Dr. Sharma emphasized on popularization of kriya yog in addition to the normal yoga practices. At this occasion **Mr. Reyansh Yoga instructor from NSS center, Delhi University** provided Yoga training. Dr. Pawan kumar welcomed guests at the beginning of programme and Dr. Rajesh Giri, Principal, Rajdhani College extended vote of thanks to everyone for a successful organisation of the programme. Dr. Suman Meena (In-charge, NCC, Girls), Mr. Dhan Raj Meena (In-charge, NCC, Boys) and Dr. Pawan Kumar (Coordinator, NSS) were appreciated for successful organisation of the programme. On this occasion Dr. Suman Meena informed that the girls cadets of NCC under her leadership have participated in a Yoga training camp at Shivaji College. Besides, the Boy Cadets of NCC have participated the same Sarvoday Vidyalyay Ramesh Nagar.











