

## **Action Taken Report on 4<sup>th</sup> International Yoga Day (21.06.2018)**

Shyam Lal College (M) celebrated 4<sup>th</sup> International Yoga Day on June 21, 2018 comprising various activities which commenced in April 2018. A healthcare session was held on April 19<sup>th</sup> 2018 with a special focus on Preventive Healthcare (Yoga). A week long Yoga camp was organized in the College with NCC & other students of the College from 14<sup>th</sup> to 21<sup>st</sup> June 2018 with special yoga demonstrations. The College celebrated International Yoga Day on 21<sup>st</sup> June 2018 with huge participation and support from the teachers, non-teaching staff and the students. Sh. Manoj Tiwari, MP (North East Delhi) and President BJP, Delhi graced the occasion and provided encouragement for doing Yoga on regular basis for maintaining good health. The college organized a lecture by Prof. Rajkumar Bhatia, University of Delhi as the Keynote Speaker. We also organized Poster Presentation and Rangoli Making events on 21<sup>st</sup> June 2018. The College is going to organize a quiz competition and a debate on reopening of the College.

It is pertinent to mention the following schedule was adhered to by the College for celebrating the event “INTERNATIONAL YOGA DAY” i.e. June 21, 2018:-

### **INTERNATIONAL YOGA DAY**

**21<sup>st</sup> JUNE, 2018 (THURSDAY)**

#### **SCHEDULE**

- ❖ 7.00 AM - 7.15 AM - Welcome of the Chief Guest
- ❖ 7.15 AM - 8.00 AM - Yogasanas, Pranayam & Meditation
- ❖ 8.00 AM - 8.15 AM - Address by the Chief Guest
- ❖ 8.15 AM - 8.20 AM - Vote of Thanks
- ❖ 8.20 AM - National Anthem
- ❖ 8.25 AM - Alpahar

The event concluded with light refreshment. The photographs of the events are attached with this mail.

(Dr. Rabi Narayan Kar)  
**Principal**

