



पी.जी.डी.ए.वी. महाविद्यालय

(दिल्ली विश्वविद्यालय)

P.G.D.A.V. COLLEGE

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Dated.....

DEPARTMENT OF PHYSICAL EDUCATION & SCIENCES

4TH International Day of Yoga

21ST June, 2018

The 4th International Day of Yoga was celebrated at PGDAV College (University of Delhi), Nehru Nagar, New Delhi 110065 on 21st June 2018.

Dr. Mukesh Aggarwal, Principal inaugurated the programme in the presence of Dr. O.P. Aggarwal (Bursar), Dr. P.P. Ranganathan (Associate Prof. in P.E.) and other members of the staff and students.

More than 50 members of staff and students under the guidance of Sh. Ankush , a Yoga Diploma holder from Morarji Desai National Institute of Yoga, participated in the programme. The Program started with the chanting of OM and the prayer SANGACHHADHWAM SAMVADADHWA...

Thereafter, the loosening practice (Chalan Kriya) was performed for general warming up and to increase flexibility of the body.

After these stretching exercises, the Yogasanas in standing, sitting, prone lying and supine lying positions were performed, observing and ensuring the correct technique and the COMMON YOGA PROTOCOL.

This was followed by Kapaalabhaati, Prananyama and Dhyana. The programme was concluded with the chanting of OM and Sankalpa.

A few photographs in connection with the 4th International Day of Yoga, held at PGDAV College, are also being attached.

Dr. Mukesh Aggarwal
(Principal)



