

21.6.2016

Action Taken Report:

The Department of Geology, University of Delhi notified the Celebration of International Yoga Day- 21st June via Notification



DEPARTMENT OF GEOLOGY, UNIVERSITY OF DELHI, DELHI-110007

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20 / 06 / 2016

सूचना

सभी को सूचित किया जाता है कि अन्तराष्ट्रीय योग दिवस के अवसर पर भू-विज्ञान विभाग के झिंगरन हॉल में 21 जून 2016 को सुबह 10:00 बजे योग शिक्षक श्री हेम राज जी के मार्ग दर्शन में योग कक्षा का आयोजन किया जा रहा है। अतः सभी से अनुरोध है कि योग कक्षा का अधिक से अधिक लाभ उठायें।

देवेश सिंह

विभागाध्यक्ष

Faculty members, non teaching staff and research students gathered in the Jhingran Hall (auditorium of the Department at 10 AM) including **Head of the Department , Prof. Devesh K Sinha**.

1. Prof. Sinha first addressed the gathering and enlightened the audience with importance of Yoga. He spoke on the scientifically proven benefits of Yogasana and Pranayam and appraised the audience about its importance in day to day life.



(Right) Prof. Devesh K Sinha, Head of the Department addressing the audience (Left) in the Department of Geology on International Yoga Day (21st June, 2016) and highlighting the importance of Yoga. Also in the picture (sitting) Yoga Teacher Shri Hemraj

2. After address by the HOD, the Yoga Teacher who is also an employee of the Department - **Shri Hemraj**- Started the Yoga Session

a) The session started with prayer- Om and lasted for 10 minutes. The entire Hall observed a divine peace with prayer.

b) This was followed by Neck, shoulder, trunk and knee movements (loosening practices).



Members performing loosening practices in the Department of Geology, University of Delhi

C) The loosening practice was followed by demonstration by Teacher of various Asanas like Tadasana, Vrikshasana, Padhastasana, Ardhchakrasana, Trilokasana by Yoga Teacher.



Yoga Teacher, Shri Hemraj demonstrating some asana in front of audience in the Department of Geology, University of Delhi

- D) After some rest, the Yoga teacher, Shri Hemraj Jee demonstrated all asanas in sitting postures which all the members repeated.
- E) Some Asanas in Lying postures were then practiced under the guidance of Yoga Teacher by members.
- F) After some rest the Teacher demonstrated Setubandha, shavasana, Pawanuktasana, Halasana etc. Also he enlightened us their importance in curing blood pressure, diabetes and other common ailments.
- G) A very careful demonstration of Kapalbhathi Pranayam followed. members were told not to do mistakes in this asana as it might be counterproductive.
- H) After this anulom vilom, Bhramari pranayam were demonstrated. The Yoga teacher Shri Hemraj insisted on doing it with ease and not stressing too much.
- I) The session concluded with meditation and Sankalpa.

At the end The Head of the Department thanked the Yoga Teacher Shri Hemraj Jee for his valuable time and also to the members present for their enthusiastic participation.