

Report on “International Day of Yoga” held on 21st June, 2019.

Fifth International Yoga Day was celebrated with great fanfare at Maitreyi College, University of Delhi. The CEO of ONGC Foundation, Shri D.M. Kiran was the chief guest for the occasion. Students and faculty members executed yoga asanas with tremendous grace and learnt the benefits of the asanas from yoga instructor Ms. Anjali.

In his address to the gathering, the chief guest Shri D.M. Kiran highlighted the significance of yoga as a disciplined way of life to achieve the integration of mind, body and soul.

Dr Haritma Chopra, the Principal of Maitreyi College emphasised that yoga helps in achieving complete wellness without having to resort to machines in air conditioned gyms.

The highlight of the event was the enthusiastic participation of Special Olympic and wheel bound basket ball players.

The NSS Programme Officer, Maitreyi College, Dr Smriti Singh in collaboration with the Sports Department in-charge Ms Shipra organised the entire event impeccably. They thanked all participants and those present at the event for making it a resounding success.

