

S.No	Name of College	Location of College	Programmes Held	Whether all activities with Audio/Video/Photographs have been uploaded
1.	Aryabhata College, University of Delhi	Anand Niketan, New Delhi-110021	<p>NSS Unit, Aryabhata College, University of Delhi conducted 'International Day of Yoga' on 21<sup>st</sup> June'2017, emphasizing the role of Yoga in everyday life.</p> <p>NSS volunteers, teaching and Non-teaching staff of the college participated in large number. The event was organized under the guidance of Mr. Mukesh Kohli, Retired Associate Professor, Physical Education and Dr. R. K. Dwivedi, Associate Professor, Department of English, Aryabhata College. The programme started with a session on importance of Yoga, followed by Yoga practice session i.e. different Asanas : Namaskar Mudra, Setu Bandha Sarvangasana, Bharadvajasana I, Marjaryasana, Bhujangasana, Gomukhasana, Uttana Shishosana, Ardha Matsyendrasana, Virasana, Uttanasana, Upavistha Konasana, Neck &amp; Shoulder movements etc. The event ended with Meditation Session, a great opportunity to imbibe the value of discipline in life. Overall, it was fruitful and cheerful session emphasizing the importance of peace, harmony and happiness to every soul.</p>	Yes



















