



Acharya Narendra Dev College
University of Delhi



NSS UNIT



Organizing a
talk on

**INTERNATIONAL
YOGA DAY (21st June)**

Conducted by -

Dr. D.P. Sharma

Associate Professor ,

Indira Gandhi Institute of Physical
Education and Social Science

International Yoga Day was celebrated on June 21, 2017 in Acharya Narendra Dev College with great enthusiasm and spirit. NSS unit of the college organized a lecture on the '*Importance of Yoga in Life*' by Dr D. P. Sharma, Associate Professor at Indira Gandhi Institute of Physical Education and Social Science. Dr Sharma elaborated the meaning of word 'YOG and YOGA'. Further he highlighted the importance of Aasanas, Pranayam and Spirituality. He thoroughly explained and emphasized the coherence of mind, body and soul using an interesting word '*The Alignment*'. Approximately 50 students and several faculty members attended the lecture with interest. Students interacted with Dr Sharma and asked several questions related to Yog, Yoga and Mental Peace. Session ended with the vote of thanks to the guest by Dr Geetika Kalra, NSS Programme Officer.



Dr D. P. Sharma during the talk

GLIMPSE OF INTERNATIONAL YOGA DAY @ ANDC



Dr Geetika Kalra
Programme Officer
NSS

Dr Savithri Singh
Principal
Acharya Narendra Dev College