



Aditi Mahavidyalaya

(University of Delhi)

Delhi Auchandi Road, Bawana,

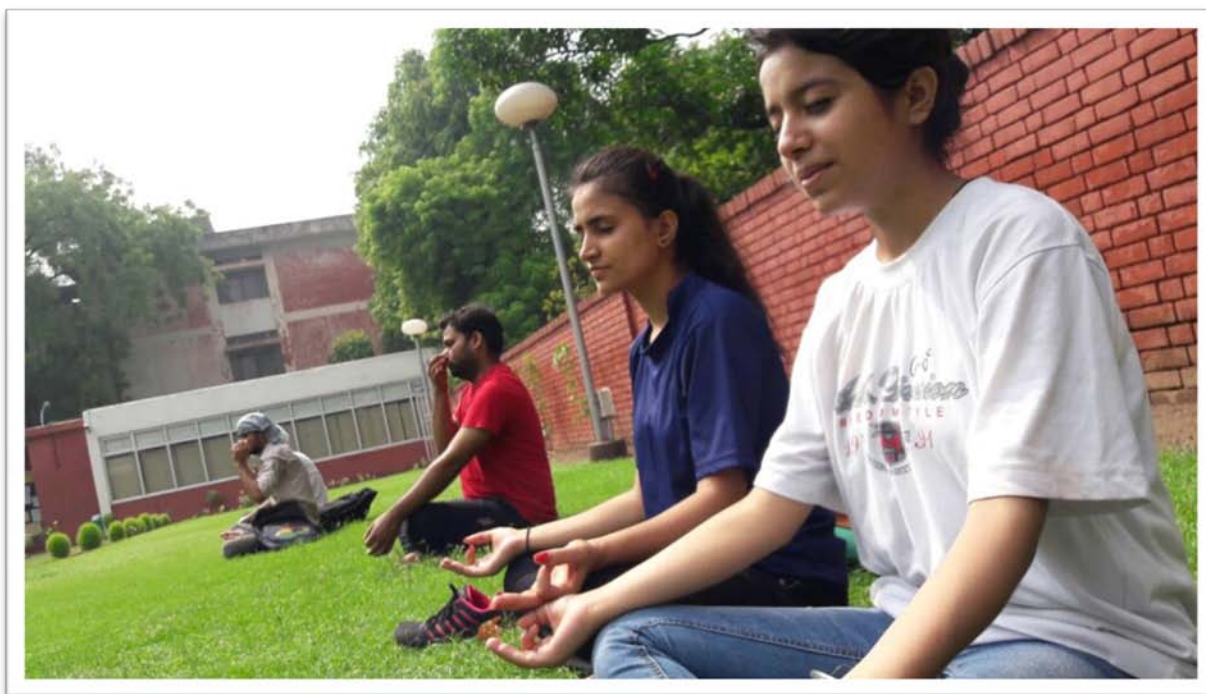
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REPORT ON INTERNATIONAL YOGA DAY- 21ST JUNE 2017

International Yoga day has been celebrated by the Aditi Mahavidyalaya with a great zeal in the college campus as well as outside it. Students went to NSS unit to perform Yoga with the fellow students from other colleges. However, all non-teaching and teaching staff performed yoga within the college campus. Principal of the college Dr. Mamta Sharma and NSS officer Dr. Ritu Sharma facilitated the celebration of Yoga day at both fronts. Team of students also went to different places and conducted yoga sessions for people of different strata. A yoga instructor was inviting who displayed various postures of Yoga Asanas and helped others in practicing those. Apart from it yoga teaching disseminates a brief overview of benefits of yoga in day-to-day life and how it helps in dealing with stress and keeping oneself physically and mentally healthy. Altogether it was a pleasant day full of positive energy and satisfaction.

Photographs of the events :





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