

**DEPARTMENT OF FINANCIAL STUDIES
UNIVERSITY OF DELHI SOUTH CAMPUS
NEW DELHI-110021**

ACTION TAKEN REPORT

YOGA DAY CELEBRATIONS

21 JUNE 2017

The Yoga Day was celebrated in the Department of Financial Studies, University of Delhi South Campus on June 21, 2017 at 10.00 a.m. Head of the Department Prof. Sanjay Sehgal and Ph.d. scholars of the Department participated in the Yoga Session. Breathing exercises like, pranayam (kalapalbhati, anulomvilom, Bhastrika and Bhramari) were performed by the participants. The participants also performed yogasanas like, surya namaskar, tadasana, vrikshasana, adha mukho savasana, trikonasana, naukasana, bhujangasana, etc.

The programme ended with the recital of National Anthem.





