

Compliance Report of International day of Yoga (IDY) Celebrations in S.G.N.D. Khalsa College, Dev Nagar.

In compliance with the letter from MHRD, Ref.D.O.No.F.1-1/2017 (Secy) dated 5 April 2017, notified by the Programme Coordinator through the letter, Ref.NSS/2017/dated 1.6.2017, S.G.N.D. Khalsa College celebrated IDY on 21st of June, 2017 by inviting a talk-cum-demonstration session delivered by two active exponents of Yoga, Mr. Kamal Dang and Ms. Hemna Hirani. Apart from Foundation in Yoga and Wellness Programme from Morarji Desai Institute, New Delhi, and PG Diploma in Yoga from Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeeth, New Delhi, Mr. Kamal Dang has also completed his post-graduation in Yoga from Uttarakhand Sanskrit University. He came along with his associate Ms. Hemna Hirani who, apart from being a Yoga Instructor in Millennium School Noida, is a freelance dietician.

Both of them delivered an excellent introduction to the basics of Yoga for the benefit for their audience and also demonstrated the need to perform exercises with correct technique. They emphasized the fact that correct posture and manner of performing yogic exercises goes a long way in providing a healthy and happy life.

They also stressed the importance of food that is necessary for the growing students as well as academicians who generally have a sedentary life-style.

It was a holistic experience which not only made us aware of the cultural aspect of Yoga as part of Indian tradition but was also designed to benefit people from all walks of life.