



# ZAKIR HUSAIN DELHI COLLEGE

(University of Delhi)

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## **BRIEF REPORT ON INTERNATIONAL YOGA DAY**

Practice sessions were organized on several days by NSS and NCC students. Main function was organized on 21<sup>st</sup> June 2017 at 7.00 a.m. Mr. Bharat Bhushan, Associate Professor, Commerce Department, Zakir Husain Delhi College, a certified Yoga Trainer, demonstrated the live yoga and discussed the benefits of yoga in the daily life. A large number of NSS and NCC students along with teaching and non-teaching staff including the undersigned participated in the Mass Yoga Demonstration held in front of College Auditorium. Some photographs of the functions are attached.











