

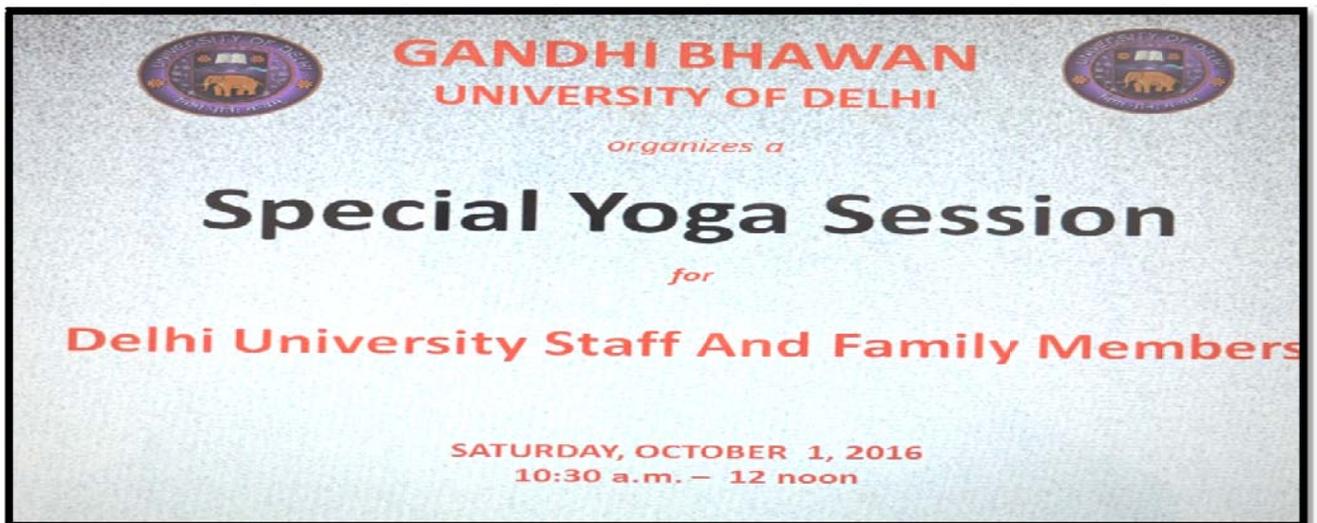
# GANDHI BHAWAN

## UNIVERSITY OF DELHI

### SPECIAL YOGA SESSIONS REPORT

Gandhi Bhawan, University of Delhi organizes special Yoga Session for Delhi University staff and family members on every Saturday in the month of October 2016 starting from 1.10.2016. These sessions were specially organized to cater the need of Yoga and Meditation to today's lifestyle. Through these yoga sessions, the University fraternity and their family members benefitted from various yogic kriyas and meditation practice. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried everyday. The University fraternity along with the family members got the chance to know how yoga embodies unity of mind and body. These yoga sessions were followed by meditation.

Before starting each session, Yoga Organizer elaborated the role of Yoga in daily life and today's work culture. He also briefed about benefits of Yoga like weight loss, strong and flexible body, peaceful mind and good health. The Instructor demonstrated various asanas and postures. The entire audience joined in performing Yoga with the Instructor.



 **GANDHI BHAWAN**  
**UNIVERSITY OF DELHI**  
*organizes a*  
**Special Yoga Session - II**  
*for*  
**Delhi University Staff And Family Members**  
**SATURDAY, OCTOBER 8, 2016**  
**10:30 a.m. – 12 noon**



 **GANDHI BHAWAN**  
**UNIVERSITY OF DELHI**  
*organizes a*  
**Special Yoga Session - III**  
*for*  
**Delhi University Staff And Family Members**  
**SATURDAY, OCTOBER 15, 2016**  
**7:00 a.m. – 8:30 a.m.**



 **GANDHI BHAWAN**  
**UNIVERSITY OF DELHI** 

*organizes a*

# Special Yoga Session - IV

*for*

## Delhi University Staff And Family Members

**SATURDAY, OCTOBER 22, 2016**  
**7:00 a.m. – 8:30 a.m.**



 **GANDHI BHAWAN**  
**UNIVERSITY OF DELHI** 

*organizes a*

# Special Yoga Session - V

*for*

## Delhi University Staff And Family Members

**SATURDAY, OCTOBER 29, 2016**  
**7:00 a.m. – 8:30 a.m.**



**Prof. Anita Sharma**  
Director (Hony.), Gandhi Bhawan