

# **KESHAV MAHAVIDYALAYA**

**(University Of Delhi)**

**NAAC Accredited Institution Grade 'A'**

**H-4-5 Zone, Pitampura, New Delhi**

## **INTERNATIONAL DAY OF YOGA CELEBRATION**

International Day of Yoga was celebrated at Keshav Mahavidyalaya, Pitampura with great enthusiasm on 21st June, 2018. Smt. Mamta Jaithely, Smt. Jyoti and Shri Tirath Singh from Bhartiya Yog Sansthan, Rohini conducted a yoga practice session and also information was imparted on various topics including Yoga and Consciousness. The staff and students volunteers from NSS performed various Yoga Asanas and finally ended the session with Pranayama and Meditation. They got the chance to know how Yoga embodies unity of mind and body.

The Principal, Dr. Madhu Pruthi, expressed her gratitude to the team members from Bhartiya Yog Sansthan, Rohini for their selfless service in lighting the lamp of Yoga Consciousness amongst the staff and students of the college. The event was a great success.

**Photographs of the International Yoga Day Celebration.**



