

## Report of International Yoga Day 2018 Celebrations

The Department of Mathematics, University of Delhi celebrated International Yoga Day grandly with the enthusiastic participation of students, faculty and staff. As a part of Yoga Day on June 21, 2018 the Department of Mathematics organised different activities in Room No. 5, Satyakam Building from 11:30 a.m. onwards.

The Head of the Department briefed the audience about the International Yoga Day and benefits of yoga to the brain and mental health.

Mr. Aakash Gupta of M.Sc. Mathematics Part II made a ppt presentation on “Benefits of Yoga In Student Life” wherein he talked about three practices of Yoga namely Gyan, Bhakti and Karma Yoga and also on the benefits of chanting of “AUM”.



Ms. Rimpi, M.Phil. Mathematics discussed about the benefits of certain asanas and performed many asanas including naukasana, halasana, pawanmuktasana.



She also demonstrated the pranayama techniques and made the audience do the pranayama "Anulom Vilom".



This was followed by a brief clipping of the video by the actress Shilpa Shetty on “Total Body Yoga - 40 Mins Full Body Yoga Asanas - Shilpa's Yoga”.

Finally the faculty Dr. Arvind Patel talked about Indian Philosophy of yoga in his talk on “Yogdarshan” where in he described about all the aspects of yoga ending with a description on “Ashtanga yoga” of sage Patanjali.

