



**NATIONAL SERVICE  
SCHEME  
DAULAT RAM COLLEGE**

**celebrated**

**International Day of Yoga  
21<sup>st</sup> June 2018**

On 21<sup>st</sup> June, 2018, National Service Scheme, Daulat Ram College Unit celebrated the International Day of Yoga with vigour and enthusiasm of the volunteers. The importance of imbining yoga in our day to day lives has been instilled in over 60 volunteers with 3 unique events.

#### Event Schedule:

1. Yogathon: yoga and parnayama – The programme began with a demonstration of the various asanas and postures by Shri.Praveen Kumar Gupta, Zonal President, Bhartiye Yog Sansthan.
2. Talk on Meditation: Gateway to Inner Peace conducted by Shri.Sachin Taneja, Art of Living organisation.
3. Bilingual Intra- college Turncoat debate competition on Yoga and Mental Health.

On 2<sup>nd</sup> May 2018, 50 days before yoga day NSS, DRC celebrated the spirit of yoga with an informative session and a poster making competition.



The International Yoga Day celebration began with **Yogathon**, conducted by Shri.Praveen Kumar Gupta. He demonstrated several asanas and postures, that helped improve both the mental as well as the physical health of the volunteers. The demonstration helped students understand the fineness and techniques that is central to the Art of Living, over 60 volunteers participated in the event.



The Second event for the day was a session by the Art of Living organisation. The chief guests for the event were Shri.Sachin Taneja, Mrs.Rajni Gulyani, Mr.Pankaj Mehra and Mrs.Charu Wadhwan. The session's central theme was teaching volunteers the benefits of inculcating Yoga in their day to day lives. The event was appreciated by Dr.Savita Roy, Principal, Daulat Ram College. The vote of thanks to all was given by Mrs.Sarita Jain, Programme officer NSS DRC.





The session was highly informative, and resulted in empowering the volunteers with vast knowledge of stress management and self fulfillment. The practice of meditation to achieve inner peace was also demonstrated with the use of music and ambient light.

Debate is a medium through which engaging discussion can be facilitated. Therefore, NSS Unit, DRC also organized an intra-college Turncoat Debate Competition on the theme 'Yoga and Mental Health' to commemorate the occasion of International Yoga Day.



The turncoat debate witnessed more that 15 participants. It was very invigorating to see young minds talk about the importance, relevance, and impact of Yoga in our day to day lives.

The celebration of International Day of Yoga culminated successfully with the Turncoat Debate Competition. The impactful day witnessed the true amalgamation of the mind and body through the various events organized. The volunteer participants felt highly motivated and expressed their conviction to practice yoga in their everyday lives.



Mrs.Sarita Jain  
NSS Programme Officer