

INTERNATIONAL YOGA DAY CELEBRATED AT JANKI DEVI MEMORIAL COLLEGE, DU

International Yoga Day was celebrated on June 21st, 2018 by Janki Devi Memorial College (JDMC) on their college premises. The Principal, Dr. Swati Pal along with the faculty members, students, and the non-teaching staff participated in this event. Dr. Swati Pal addressed the gathering and highlighted the relevance of yoga in the contemporary world. She spoke about the importance of Yoga Day. Almost 200 participants took part in that event. Two yoga teachers Dr. Arun Kumar Yadav and Ms. Deepa Shrivastava conducted the yoga practice as per the directions received from the Ministry of AYUSH.

The Yoga session started with Prayer, and systematic practice of different "ASANAS" of standing, sitting and laying postures under the instructions of the Yoga teacher and supervision of trained volunteers. During the course of "Yogabhyas", the Principal delivered a talk on GENERAL HEALTH & AWARENESS AND IMPORTANCE OF YOGA. He also discussed the usefulness of yoga as a preventive measure, in curing many Diseases and the usefulness of Yoga in the overall wellbeing of a human being. Ms. Deepa Shrivastava conducted the yoga practice. The students were informed about the importance of yoga in life and also they were encouraged to practise Yoga as a part of their daily routine. The participants performed various breathing exercises, asanas and chants for the physical and mental well being of all. The session concluded with a Sanskrit Shloka and Oath by all the participants on the occasion of International Yoga Day. They performed Anuloma, Viloma, Kapalbhati, Sheetali and Bhramari Pranayama. They were told about the importance of Yoga in life.

The entire "YOGABHYAS" lasted for 2 hours and ended at 10 am with a "Sanskrit Shloka" and Oath by all the participants. The session was a success and all the participants enjoyed the yoga practice. Yoga for keeping their Body and mind in healthy, stress-free and cheerful condition.

After the Yoga session appropriate refreshments were served to all the participants.

Besides, International Yoga Day, a series of events prior to 21st June were organized in the College. The students of the college performed various yoga asanas in the morning under the guidance of trained volunteers. Janki Devi Memorial College is well known for its sports and cultural activities. The college has a team who have won many laurels for the College.

