

**VIVEKANANDA COLLEGE : VIVEK VIHAR : DELHI-110 095.**

**INTERNATIONAL YOGA DAY REPORT**

This is with reference to International Yoga Day on 21<sup>st</sup> June, 2018. Our College organized the Yoga Day as per guidelines of Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy.

Yoga Day was celebrated with collaboration of Anubhuti Yog Sansthan in the College premises. Mr. Sheikh Shafiq Ansar, who is a qualified Yoga Instructor conducted the class. The Class was held in the Big Auditorium of the Vivekananda College. The Class started with a prayer following the Sadilaga/Calanakriyas/Loosening practices and then participants performed Suryanamaskar, Kapalbhathi, Nadishodana & Brahm Pranayama. After these pranayams they did Dhyana in Sambhavamudra. Then they did Sankalpa and Santih Patha.

After Practicing the prescribed Yoga protocol, there was a discussion in which participants asked the Instructor several questions regarding different Yogic Asanas & Kriyas and cleared their doubts.

At the end, refreshment was provided to all the participants.



कार्यकारी/स्थलापन्न प्राचार्या/Actg./Offg. Principal  
विवेकानंद महाविद्यालय/Vivekananda College  
(दिल्ली विश्वविद्यालय)/(University of Delhi)  
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