

Celebration of International Yoga Day, **June 21,2017**

CHD and NSS celebrated third International Yoga Day on June 21, 2017. This year, a 10 day long yoga camp was organized from June 12, 2017 to June 21, 2017 under the supervision of Dr. Sunita Pooniya in the College premises with the team of NSS, NCC & other students. International Yoga Day was celebrated on June 21, 2017 with a huge participation and support and guidance of the Principal Sir – Prof. Rabi Narayan Kar, and FacultySupport, cooperation of Staff and Students. A lecture was organised on understanding the **Importance and Relevance of Yoga** in the modern lifestyles where materialistic values have become prominent. Prof. Sushma Yadav from University Grants Commission was the Keynote Speaker and Dr. Shalini Yadav, an eminent Journalist, was the Guest of Honour for this lecture. Total of 66 students participated.

It is pertinent to mention that the following schedule was adhered to by the College for celebrating the event “**INTERNATIONAL YOGADAY**” i.e. June 21, 2017:

**INTERNATIONAL
YOGA DAY
JUNE21, 2017
(WEDNESDAY)
SCHEDULE**

- 7.00 A.M. –7.15A.M. - Welcome of theGuests
- 7.15 A.M. –8.00A.M. - Yogasanas, Pranayam &Meditation
- 8.00 A.M. –8.15A.M. - Address by the Guests
- 8.15 A.M. –8.20A.M. - Vote of Thanks by Principal
- 8.20A.M. - National Anthem



SLC (University of Delhi)

Shyam Lal College



Department of Physical Education,
CHD, NSS & NCC

celebrates

INTERNATIONAL YOGA DAY

June 21, 2017

Yoga Camp from 12th to 21st June 2017

Sh. V.S. Jaggi
Head, Dept. of Phy. Edu.

Dr. Kavita Arora
NSS, Convenor

Ms. Jyoti Atri
NCC, Convenor

Dr. Ruchika Ramakrishnan
CHD, Convenor

Dr. Rabi Narayan Kar
Principal

