

INTERNATIONAL YOGA DAY

(June 12, 2023 to June 21, 2023)

“Yoga is the journey of the self, through the self, to the self”-The Bhagavad Gita

The word ‘Yoga’ has descended from Sanskrit language that symbolizes ‘Union’. It is a means to unite the body, mind and soul by engaging oneself in mental, physical and spiritual practice. Yoga helps to fight stress, improves the immune system and contributes towards the physical and mental one-being. In our endeavor to ensure inner well-being of all stakeholders, SLC leaves no stone unturned in bringing forth the concept of Yoga for them.

Yog Evam Dhyam Shivir was organized from June 12-21, 2023 under the aegis of Har Ghar Dhyam Campaign, in collaboration with Sports Committee, IQAC, NSS and Maa Ratni (NGO). The Shivir was conducted in the Sports Ground of College premises under the able guidance of Yoga Instructor, Dr. Anant Kr. Upadhyay, Assistant Professor, Department of Commerce, SLC. The Yog Evam Dhyam Shivir celebrated the spirit of International Yoga Day and was well executed under the able guidance of Dr. Mukta Rohatgi (Convenor, Har Ghar Dhyam Campaign), Mr. V.S. Jaggi (Convenor, Sports Committee), Prof. Kusha Tiwari (Director, IQAC) and Dr. Prabhat Sharma (Convenor, NSS). Dr. Rajiv Chaudhary (President, Maa Ratni Society) extended his full support to the endeavor. Every day, more than 20 students benefitted from the Shivir.

The Yoga Evam Dhyam Shivir apprised the participants about the right way of practicing Yoga. Each day at the Shivir commenced with subtle warm up exercises and participants were taught different asanas and postures like Tadasana, Vrikshasana, Trikonasana, Vajrasana, Ustrasana, Makarasana, Bhujangasana, Setubandhasana, Pawanmuktasana Shavasana and Pranayama-Anulom Vilom, Sheetal, Bhramari, among others. Each session would conclude with Dhyam / meditation and recitation of ‘Aum’: Aum Ucharan.

SLC has been celebrating International Yoga Day since 2015. In continuation of our effort to connect each household with the concept of Yoga and Dhyam and fulfill the essence of Har Ghar Dhyam Campaign, International Yoga Day was celebrated on June 21, 2023 with full fervor and enthusiasm. The inspiration behind the event, the Principal of the College, Prof. Rabi Narayan Kar, brought forth the need to include Yoga and Dhyam in our lives. A Yoga enthusiast, Prof. Kar highlighted how yoga can be a game changer in the present times and help one fight problems like Stress, Depression, High Blood Pressure and Diabetes, something that can be attributed to our sedentary lifestyles. Prof. Kar appreciated the efforts of the Organizing Committee for successfully executing the ten days Shivir that touched and benefitted the lives of many. Over 220 participants who were a part of the celebration, practiced Yoga and Dhyam together and observed the oneness of body, mind and soul.

The celebration concluded with synchronized recitation of shlokas and Vote of Thanks by Mr. V.S. Jaggi. He encouraged the audience to practice yoga regularly to remain fit and improve

concentration power. He was of the view that this initiative of Shyam Lal College must reach each household and bring a positive change in the lives of all.

The Organizing team included the following faculty members:

Ms. Palak Kakkar, Dr. Manisha , Ms. Priyanka Yadav, Mr. Yogesh

Here are the glimpses of the event:

   

SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++ & NIRF AIR 68
under the aegis of
Har Ghar Dhyam Campaign
In Collaboration with
Sports Committee
IQAC, NSS & Maa Ratni (NGO)
Celebrates
9TH INTERNATIONAL YOGA DAY
21st June, 2023 at 07:00 a.m.
Venue: SLC Sports Ground
Prof. Rabi Narayan Kar
(Patron & Principal)

Mr. V.S. Jaggi
Convenor, Sports Committee

Dr. Mukta Rohatgi
Convenor, Har Ghar Dhyam Campaign

Prof. Kusha Tiwari
Director, IQAC

Dr. Prabhat Sharma
Programme Officer, NSS

Dr. Rajiv Chaudhary
President, Maa Ratni Society

Dr. Anant Kr. Upadhyay
Yoga Instructor

Dr. Manisha, Ms. Palak Kakkar, Ms. Priyanka Yadav, Mr. Yogesh



GPS Map Camera
New Delhi, DL, India
Hardari Lal Goyal Marg, Naveen Shahdara,
New Delhi, 110032, DL, India
Lat 28.674099, Long 77.281353
06/21/2023 08:10 AM GMT+05:30
Note : Captured by GPS Map Camera



GPS Map Camera
New Delhi, DL, India
Hardari Lal Goyal Marg, Naveen Shahdara,
New Delhi, 110032, DL, India
Lat 28.674140, Long 77.281410
06/21/2023 08:09 AM GMT+05:30
Note : Captured by GPS Map Camera





GPS Map Camera



New Delhi, DL, India
Hardari Lal Goyal Marg, Naveen Shahdara,
New Delhi, 110032, DL, India
Lat 28.674115, Long 77.281535
06/21/2023 08:03 AM GMT+05:30
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SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++ & NIRF AIR 68



under the aegis of

Har Ghar Dhyan Campaign

In Collaboration with

Sports Committee
IQAC, NSS & Maa Ratni (NGO)

Organizes

योग एवं ध्यान शिविर 2023

12th June, 2023 to 21st June, 2023 at 07:00 a.m.

Venue: SLC Sports Ground

Mr. V.S. Jaggi
Convenor, Sports Committee

Dr. Mukta Rohatgi
Convenor, Har Ghar Dhyan Campaign

Prof. Kusha Tiwari
Director, IQAC

Dr. Prabhat Sharma
Programme Officer, NSS

Dr. Rajiv Chaudhary
President, Maa Ratni Society

Dr. Anant Kr. Upadhyay
Yoga Instructor

Prof. Rabi Narayan Kar
Patron & Principal

Dr. Manisha, Ms. Palak Kakkar, Ms. Priyanka Yadav, Mr. Yogesh



GPS Map Camera



Delhi, Delhi, India
 Unnamed Road, Dwarkapuri, Shahdara, Delhi, 110032,
 India
 Lat 28.674027°
 Long 77.281478°
 12/06/23 07:32 AM GMT +05:30



GPS Map Camera



New Delhi, DL, India
 Hardari Lal Goyal Marg, Naveen Shahdara,
 New Delhi, 110032, DL, India
 Lat 28.674001, Long 77.281512
 06/14/2023 07:42 AM GMT+05:30
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