



NATIONAL SERVICE SCHEME

Report On

10th International Yoga Day Celebration At Shyam Lal College

To celebrate the tenth International Yoga Day, Shyam Lal College collaborated with the Sports Committee, IQAC, NSS, and Maa Ratni NGO organized “Yoga and Dhyani Shivir” from 14th June, 2024 to 21st June, 2024.

Over 70 participants (students, faculty, and staff) from a variety of backgrounds came together for the event, which started at 7:00 am in the College Sports Ground. All of them were committed to pursuing their physical and mental well-being. Following that, participants were led by yoga practitioner Mr. Anant Kr. Upadhyay and Dr. Mukta Rohatgi, the convenor of the Har Ghar Dhyani Campaign, through a variety of asanas and breathing techniques.

The triumphant coordination of the 10th International Yoga Day by Shyam Lal College and its associates is a testament to the increasing acceptance and acknowledgement of yoga as a strong instrument for wellbeing and personal development. The success of the event will definitely encourage more people to practise yoga on a regular basis and experience its many advantages. The college principal, Prof. Rabi Narayan Kar, gave an energising lecture to cap off the International Yoga Day celebration. He emphasised the value of yoga in preserving a healthy mind-body connection and instilling it as a way of life.





SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++ and NIRF AIR 68

under the aegis of

Har Ghar Dhyan Campaign

in collaboration with

Sports Committee, IQAC, NSS & Maa Ratni (NGO)

organizes

YOGA EVAM DHYAN SHIVIR, 2024

योग एवं ध्यान शिविर, 2024



14th June, 2024 to 20th June, 2024



07:00 a.m.

Zoom Meeting ID: 873 8815 9395

Passcode: 967812

**Or Scan for
Zoom Link:**



Organising Team

Mr. V.S. Jaggi

Convenor, Sports Committee

Prof. Kusha Tiwari

Director, IQAC

Dr. Mukta Rohatgi

Convenor, Har Ghar Dhyan Campaign

Dr. Rajiv Chaudhary

President, Maa Ratni Society

Dr. Swati Yadav

Programme Officer, NSS

Dr. Anant Kr. Upadhyay

Yoga Coordinator

Prof. Rabi Narayan Kar

Patron & Principal

Faculty Coordinators: Dr. Manisha, Mr. Yogesh, Ms. Palak Kakkar, Ms. Priyanka Yadav



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SHYAM LAL COLLEGE

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under the aegis of

Har Ghar Dhyam Campaign

in collaboration with

Sports Committee, IQAC, NSS & Maa Ratni (NGO)

cordially invite you to celebrate

10th International Yoga Day



21st June, 2024



06:30 a.m.

Venue: SLC Sports Ground

Organising Team

Mr. V.S. Jaggi

Convenor, Sports Committee

Prof. Kusha Tiwari

Director, IQAC

Dr. Mukta Rohatgi

Convenor, Har Ghar Dhyam Campaign

Dr. Rajiv Chaudhary

President, Maa Ratni Society

Dr. Swati Yadav

Programme Officer, NSS

Dr. Anant Kr. Upadhyay

Yoga Coordinator

Prof. Rabi Narayan Kar

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