

## Yoga Session to Commemorated Gandhiji's Birth Anniversary

The Gandhi Study Circle of the Shyam Lal College, University of Delhi organized a Morning Yoga Session on 2 October, 2022 on its sprawling green campus to commemorated Gandhiji's 143 rd Birth Anniversary. Dignitaries, teachers and students of the department exuberantly took part in the event.

Followed by the Yoga session, Prof. Rabi Narayan Kar, Principal, SLC, Prof. Kusha Tiwari, Director, IQAC, Dr. Neena Shireesh and Dr. Sitaram Kumbhar, Dr. V S Jaggi, Convener, Sports Committee addressed the gathering of the student and teacher participants and informed them of Gandhian way of life and of the importance of Yoga in our daily routine to improve our health and lifestyle. Teachers and students who have been practicing Yoga in their daily lives also narrated their experiences of Yoga practice and its benefits in their personal lives.

The session was concluded with the formal vote of thanks.





