

## **11<sup>th</sup> International Yoga Day**

**Type of Event:** One week yoga shivir

**Date:** 21<sup>st</sup> June, 2025

**Organisers:** Sports Committee, IQAC, NSS, CHD

**Resource Person:** Dr. Anant Kuamr Upadhayay

**Participants:** Around 25 each day (Students + teachers)

**Agency Involved:** Maa Ratni (NGO)

One-week online yoga shivir organised by Shyam Lal College under the aegis of 'Har Ghar Dhyam Campaign' in collaboration with Sports Committee, IQAC, NSS, CHD, Maa Ratni (NGO) from June 14 to June 20, 2025 was great success. The focus of the programme was on how yoga may simultaneously benefit the body, mind, and soul. Yoga promotes physical and mental well-being, strengthens the immune system, and reduces stress. Every year, SLC honors the spirit of yoga because it does everything in its power to ensure the inner well-being of all stakeholders. Around 25 participants participated in the shivir every day.

The Shivir was conducted in the online mode using the zoom platform, under the guidance of Yoga Instructor, Dr. Anant Kr. Upadhyay, Assistant Professor, Department of Commerce, SLC. The Yoga Evam Dhyam Shivir which celebrated the spirit of International Yoga Day, was the result of the efforts of Dr. Mukta Rohatgi (Convenor, Har Ghar Dhyam Campaign), Mr. V.S. Jaggi (Convenor, Sports Committee), Prof. Kusha Tiwari (Director, IQAC) and Dr. Swati Yadav (Convenor, NSS). Dr. Rajiv Chaudhary (President, Maa Ratni Society) and other faculty members of Har Ghar Dhyam Campaign that comprised of Ms. Priyanka Yadav, Mr. Yogesh, Ms. Priya Khanna, Dr. Manish Kumar and Dr. Manisha. Over ten students benefited from the Shivir each day.

Different asanas like Tadasana, Vrikshasana, Trikonasana, Vajrasana, etc were taught to students. Breathing exercises such as Pranayama, Anulom Vilom, Sheetal, Bhramari among others were also practiced. Every session would end with the recitation of "Aum": Aum Ucharan and Dhyam, or meditation.



**SLC** (University of Delhi)  
**SHYAM LAL COLLEGE**

NAAC A++

under the aegis of

**Har Ghar Dhyam Campaign**

in collaboration with

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

organizes

**YOGA EVAM DHYAN SHIVIR, 2025**

**योग एवं ध्यान शिविर, 2025**



**13th June, 2025 to 20th June, 2025**



**06:00 a.m.**

**Zoom Meeting ID: 817 6814 2523**

**Passcode: 987852**

Or Scan for  
Zoom Link:



**Organising Team**

**Mr. V.S. Jaggi**  
Convenor, Sports Committee

**Dr. Mukta Rohatgi**  
Convenor, Har Ghar Dhyam Campaign

**Dr. Seema Dabas**  
Convenor, CHD

**Dr. Rajiv Chaudhary**  
President, Maa Ratni Society

**Dr. Swati Yadav**  
Programme Officer, NSS

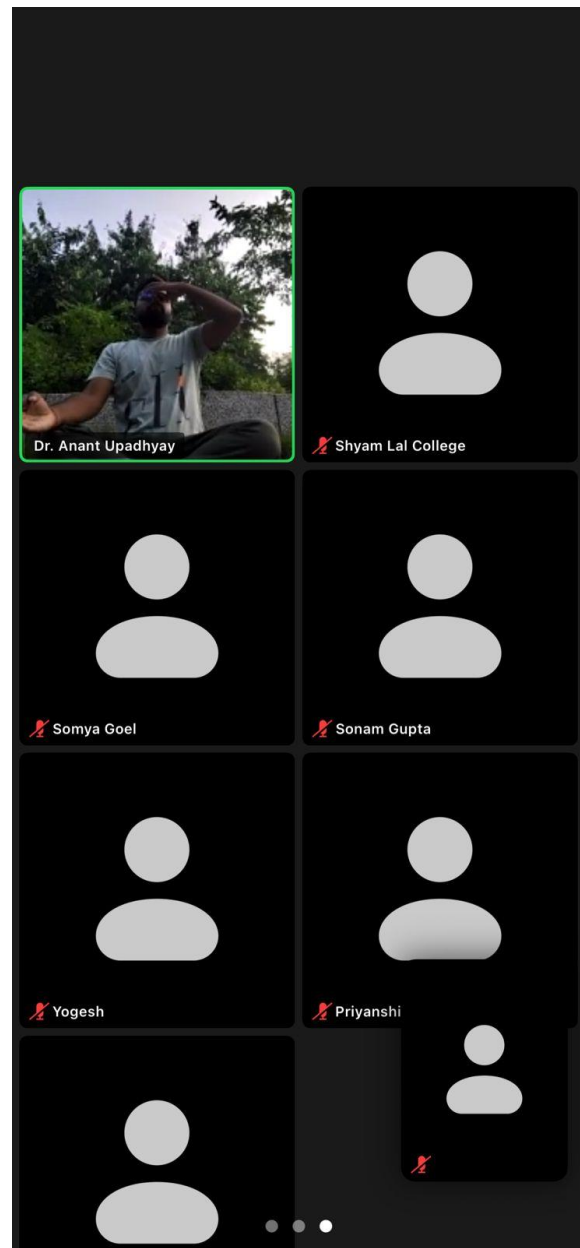
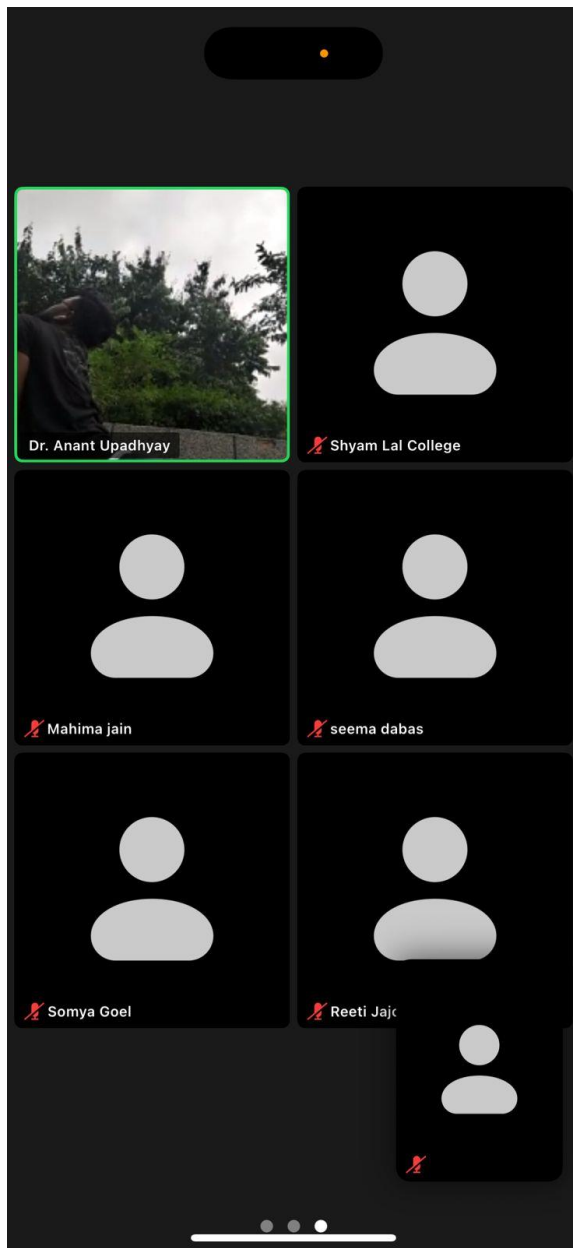
**Dr. Anant Kr. Upadhyay**  
Yoga Coordinator

**Prof. Kusha Tiwari**  
Director, IQAC

**Prof. Rabi Narayan Kar**  
Patron & Principal

**Faculty Coordinators:**

**Ms. Priyanka Yadav, Mr. Yogesh, Ms. Priya Khanna, Dr. Manish Kumar, Dr. Manisha**



Online yoga sessions