

11th International Yoga Day

Type of Event: International Yoga Day

Date: 21st June, 2025

Organisers: Sports Committee, IQAC, NSS, CHD

Resource Person: Dr. Anant Kuamr Upadhayay

Participants: 75 Students and 35 teachers

Agency Involved: Maa Ratni (NGO)

11th International Yoga Day organised by Shyam Lal College under the aegis of 'Har Ghar Dhyam Campaign' in collaboration with Sports Committee, IQAC, NSS, CHD, Maa Ratni (NGO) on 21st June, 2025 was great success. Around 100 participants participated.

The International Yoga Day was conducted in the premises of the college, under the able guidance of Yoga Instructor, Dr. Anant Kr. Upadhyay, Assistant Professor, Department of Commerce, SLC. The programme started with live telecast of the Honorable Prime Minister Shri Narendra Modi's Speech. The audience has the chance to understand the spirit of Bharat through the Yoga Day celebration. T-shirts were distributed to the participants.

Dr. Anant Kr Upadhyay, the yoga instructor, took the audience on a self-reflection journey and introduced them to the world of yoga. Prof. Rabi Narayan Kar, the college's principal, served as the event's inspiration and emphasized the importance of incorporating yoga and dhyam into our daily lives. In light of our sedentary lifestyles, Prof. Kar emphasized how yoga may be a game changer in the modern world and help people fight off issues like stress, depression, high blood pressure, and diabetes. Tadasana, Vrikshasana, Trikonasana, Vajrasana among other yoga asanas were practiced along with breathing exercises such as Pranayama, Anulom Vilom, Sheetali, Bhramari etc. The event ended with meditation through Aum Ucharan followed by recitation of shanti shloka.

Mr. V.S. Jaggi gave vote of thanks. He urged the audience to frequently do yoga in order to stay in shape and sharpen their focus. Refreshment boxes were distributed to the participants.

The success of the programme 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.







