

NSS UNIT-INDRAPRASTHA COLLEGE FOR WOMEN

Report On

The Celebration of Fourth (4th) International Day of Yoga

Student volunteers of NSS Unit of Indraprastha College for Women participated in multiple programmes held in order to celebrate the spirit of 4th International Day of Yoga held on 21 June 2018.

A total of eight volunteers participated in a two days event organized by NSS Centre, University of Delhi. Volunteers from various NSS units of the university enthusiastically partook in this event which was held at Gandhi Bhawan. On 20th June, the volunteers undertook a rehearsal under the supervision of Dr Parminder Sehgal, NSS Programme Coordinator of the university and the students were given instructions for the next day's event.

On 21st June 2018, the International Day of Yoga was celebrated at Gandhi Bhawan with the active participation of NSS volunteers, Yoga Instructors and eminent personalities. The Chief Guest for this occasion was Prof. Yogesh Kumar Tyagi, Vice Chancellor DU and Dr. Varun Vir, (National General Secretary at Rashtra Nirman Party) was present there as the guest of honour. The event commenced with Dr. Varun Vir's address to the gathering of students and their families. He highlighted the benefits and significance of Yoga in one's life by reciting some beautiful shlokas in Sanskrit. The participant performed various yogasanas under the guidance of the instructors. The event ended with a vote of thanks by Dr Parminder Sehgal.

The Day was organised with great enthusiasm in our College. The students, staff members and the community celebrated it with their active participation in the programme on 21st June 2018, from 7.20 to 8.30 am in the College Lawns. Six NSS volunteers along with the PO participated in this early morning programme. The event started with the welcome speech by the principal, Dr. Babli Moitra Saraf, and was followed by a prize distribution ceremony for the winners of the essay competitions conducted by the college. The yoga session was conducted by the Yoga Instructor Mr. Umesh, with the assistance of the Yoga Instructor from the NSS-DU Centre, Ms. Alee Fatima. The students demonstrated various Yoga poses. The programme concluded with a question answer session and light refreshments.

Pictures from the above events are enclosed:

At NSS-DU Centre



At College



