

International Yoga Day

Date: June 21, 2018

Venue: College campus

Faculty Coordinator: Simran Kaur

Eco club of Delhi School of Professional Studies and Research celebrated the Third International Day of Yoga in its premises with enthusiasm and zeal on 21st June 2018. In the morning students, teaching and non-teaching staff of DSPSR congregated in the Seminar Hall to celebrate the Third International Day of Yoga. The relevance and benefits of yoga in day-to-day activities were discussed at the start of the session. The participants were then taught 'Pranayam' techniques at the start of the session. The participants were taught 'Pranayam' techniques and their impact on mind, body and emotions.



Simran