

Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

DOSSIER

On

"International Yoga Day"

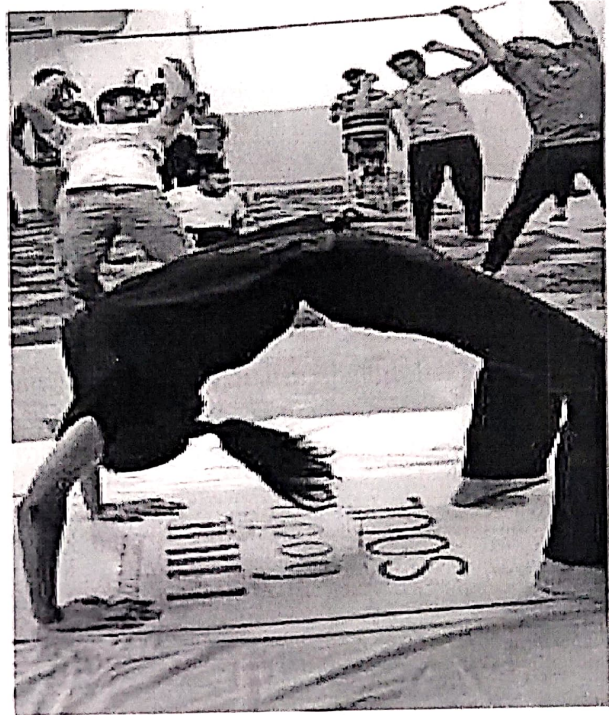
On

21st June 2019

Title	International Yoga Day
Programme Officer	Ms. Poojan Bathla
Date and Time	21 st June 2019; 9:30am- 11:00am
Venue	Seminar hall, DSPSR
Resource person/ facilitator	NSS Cell and Eco Club
No of Participants	78
Summary	<ul style="list-style-type: none">▪ Yoga is a union of Physical, mental, and spiritual practices and an invaluable gift of ancient India's for good health and wellbeing.▪ Its advantages have been recognized all over the world, which has led us to celebrate 21st June as International Day of Yoga. It also promotes, global health, harmony and peace.

Poojan

- NSS Cell and Eco Club of DSPSR has organized a Yoga session on 21st June, 2022.
- These sessions will start with warm up and the asanas were: Surya Namaskar, Pranayama, Asana.
- Everyone aimed to include Yoga in their daily life.



Poojan