

## **JANKI DEVI MEMORIAL COLLEGE**



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## **JANKI DEVI MEMORIAL COLLEGE**

### **INTERNATIONAL YOGA DAY**

**21st June 2023**

**Under the G20 Janbhagidari**

**Aazadi ka Amrit Mahotsav**

The Student's Union of Janki Devi Memorial College organized International Yoga Day on June 21, 2023 at 9:30AM in the college auditorium. The event commenced with the Lamp Lighting Ceremony by the honorable guests and Principal, followed by the college prayer. The Chief Guest, Mr. Deepak Saini who is a yoga teacher at The Shri Ram School, Vasant Vihar graced the occasion with his benign presence. He was felicitated by the Principal. Our Principal, Prof. Swati Pal addressed the gathering with the introduction and benefits of yoga.

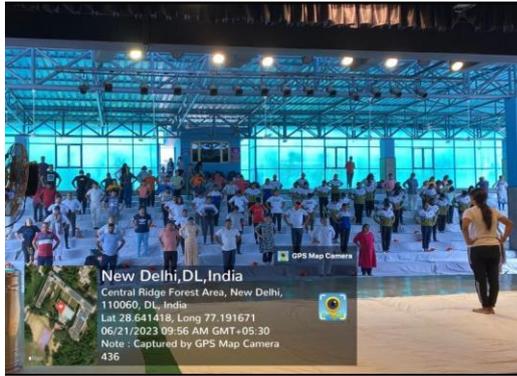
Mr. Saini talked about the importance of maintaining a balance between the mind, body and the soul. He then practiced some yoga-asanas with the students. The asanas chair pose (Utkatasana), standing forward bend pose (Uttanasana), tree pose (Vrikshasana), child pose (Balasana), butterfly pose (Baddha Konasana), diamond pose (Vajrasana), cobra pose (Bhujangasana), corpse pose (Shavasana), etc. This inculcated a sense of making healthier choices and starting the day with a peaceful mind. Yoga helps in maintaining a good attitude in day-to-day life.

The students were taught Pranayama which is an ancient breathing technique that originates from yogic practices. It involves controlling your breath in different styles. It helps in regulating the oxygen cycle in our body and helps in focusing the mind. It is also one of the best ways to reduce stress or anxiety.

Thereafter, the caps of G20 were distributed among the students and the teachers.

The session ended with a short insightful prayer thanking God for all his blessings and guiding us through the day peacefully.





**JANKI DEVI MEMORIAL COLLEGE**  
 (UNIVERSITY OF DELHI)

celebrates

**INTERNATIONAL**  
**YOGA DAY**

with

**DEEPAK SAINI**  
*Yoga Teacher*  
*The Shri Ram School,*  
*Vasant Vihar*

📅 **JUNE 21, 2023**  
 🕒 **9:30 A.M.**  
 📍 **AUDITORIUM**

**MS. POURIANGTHANLIU**  
**DR. VIJAY KUMAR BADELIA**  
**DR. AKANKSHA KUMAR**  
 (STAFF ADVISORS)

**STUDENTS' UNION**

**PROF. SANDHYA GARG**  
 (VICE PRINCIPAL)

**PROF. SWATI PAL**  
 (PRINCIPAL)