

# 3<sup>RD</sup> INTERNATIONAL DAY OF YOGA

JUNE 21, 2017

## NATIONAL SERVICE SCHEME

### MAITREYI COLLEGE

(UNIVERSITY OF DELHI)

The **3rd International Day of Yoga** was celebrated on **June 21, 2017** by the **National Service Scheme** unit of Maitreyi College along with Students Union and Sports Department of the college with great enthusiasm. Students from various streams like science, commerce and humanities participated in the event. A total of 67 participants were there which included NSS volunteers and teaching faculty. Practice session for the Yoga day was organized on June 20, 2017.



*Practice session*

The yoga event on June 21, 2017 was chaired by honorable Chief Guest, Prof. Enakshi Sharma, Department of Electronic Science, South Campus, University of Delhi and Director, Centre for Canadian Studies, University of Delhi and also Chairperson, Governing Body of the college. The event commenced at 8:30 AM in the College Amphitheater with motivating and encouraging speeches by the Chief Guest and respected Principal of the college, Dr. Savita

Datta. This was followed by an introduction to the concept of yoga and significance of celebrating International Day of Yoga. The loosening practices, standing postures, and various *YogaAsanas*' and '*Pranayama*' as stated in the Common Yoga Protocol (CYP) given by the Ministry of AYUSH were practiced. The session came to an end with a '*Sankalpa*'.

