

REPORT ON INTERNATIONAL YOGA DAY HELD ON 21ST JUNE 2017.

Department of Physical Education and Sports celebrated the 3rd International Yoga Day at P.G.D.A.V. College (EVE.), University Of Delhi on 21st June 2017 at the College Conference Hall. The Programme started at 6 pm with Welcome address by the **College Principal, Dr. R. K. Gupta**, who emphasized on the origin of yoga, types of yoga and their health benefits. Two ex-students of college yoga team, Mr Satya (doing M.A. in yoga from Uttarakhand Sanskrit University, Hardwar) and Mr. Shyam (fitness and yoga Expert) explained the benefits of yoga and career in yoga for College students and youth. **Dr. Rukmini Jain**, Associate Professor, Department of Hindi also spoke about benefits of Yoga & Meditation on health. A documentary on Yoga Exercise Protocol recommended by ministry of AYUSH, Government of India was also shown to 100 Teaching, Non- Teaching staff and students present there. College Ex-students, Miss Sheetal (doing M.A. in yoga from Uttarakhand Sanskrit University, Haridwar) Mr. Shyam demonstrated some yoga asanas and all of them performed various Yoga Asanas under the Supervision of **Dr. Parmod Kumar Sethi**, Assistant Professor, Department Of Physical Education & Sports and **Mr. Pinku Sharma**, Yoga Expert with the college yoga team. The Certificates were also distributed by the College Principal to college yoga team, who had secured 3rd position in Delhi University inter college yoga competition and participated in Delhi state yoga competition from the college for the session 2016-2017. The Vote of Thanks was given by **Dr. S. C. Sharma**, Burser of the College and Associate Professor, Department of Hindi. Finally the Programme concluded with National anthem instilling the spirit of nationalism & Patriotism among the People.



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