

**ShyamLal College
University of Delhi
A Brief Report on One-Week Yoga Camp**

International Yoga Day is celebrated every year on 21 June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment. In this regard, One-Week Yoga Camp was organized in collaboration with Sports Committee, CHD and NCC Unit of college on the occasion of International Yoga Day on 21st June, 2018. The Chief Guest was Prof. V.K Malhotra, member secretary, ICSSR. The Guests of Honor were Prof. Raj Kumar Bhatia, former national president (ABVP); Sh. Manoj Tiwari (MP) and Ms. Nupur Prasad, DCP (Shahdara) Delhi. The event was attended by 79 students









SLC UNIVERSITY OF DELHI

Shyam Lal College
National service scheme

Sport committee, CHD

In collaboration with

NSS

ORGANISE

**INTERNATIONAL
YOGA
DAY**

21st June, 2018

(Chief guest) (Guest of honour)

**Prof. V.k Malhotra,
members secretary,
ICSSR**

**PROF. RAJ KUMAR BHATIYA,
FORMER NATIONAL PRESIDENT
(ABVP) : SH. MANOJ TIWARI
(MP)AND MS. NUPUR PRASAD,
DCP(SHAHDARA) DELHI.**

**Dr. Rabi Narayan
Kar
Principal**



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