

INTERNATIONAL YOGA DAY (10th June-27th June 2022)

“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature.”

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word ‘Yoga’ is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Every year, we celebrate International Yoga Day on 21st June, since its inception in the year 2015. It has been a practice of our institution to give importance to Yoga and meditation as it gives several benefits to the one who is a regular practitioner. To combat with the after effects of Covid-19 pandemic Shyam Lal College (SLC) made an effort to battle this situation by coming up with a novel idea of organizing an eighteen-day camp from 10th June to 27th June 2022 for its staff and students to re-energize their soul through physical, mental and spiritual fitness. It was led by Shri V. S. Jaggi (sports convenor) along with Dr. Rajiv Chaudhary (President, Maa Ratni Society) in collaboration with sports committee, IQAC, NSS and CHD. Total 40 participants attended this camp.

The camp kickstarted on 10th June under the exemplary guidance of Prof. Rabi Narayan Kar, Principal, SLC. He said yoga is a science which calms the psyche and helps in developing the body, mind and the intellect. He emphasized that yoga being a holistic science, must not be confined to yogasana alone.

This camp was offered as a means of spreading yoga as part of our community service on the occasion of International Day of Yoga observed on 21st June 2022. The chief guest of the session, Mr Manoj Tiwari emphasized on making yoga an important and integral part of our life. He emphasized on how yoga can help students to deal with their stress and bring some peace in their lives. The demonstration and instructions were given by yoga coordinator Dr. Sunita Poonia. She started with the initial subtle actions as a warm up exercise followed by important postures for body flexibility according to the Kaman protocol. Various Asanas like Tadasana, Vrikshasana, Trikonasana, Vajrasana, Ustrasana, Makarasana, Bhujangasana, Setubandhasana, Pawanmuktasana Shavasana and Pranayama-Anulom Vilom, Sheetal, Bhramari were performed. All sessions ended with meditation and Vishwamangal prayer.

The celebration concluded with synchronized recitation of shlokas and Vote of Thanks by Shri V.S. Jaggi. He encouraged the audience to practice yoga regularly to remain fit and improve concentration power. Regular practice of yoga will

surely help our staff to lead a healthy and peaceful life in this pandemic situation physically, mentally and spiritually.

Following faculty members were present in the session:

Dr. Seema Dabas, Dr. Prabhat Sharma, Dr. Reeta Sharma, Dr. Supriti Mishra, Ms. Pooja Devi, Ms. Adithi, Mr. Sushil, Mr. Rahul Tomar, Dr. Gurmeet Singh, Dr. Jitender, Dr. Shyam Sunder.



SLC (University of Delhi)
SHYAM LAL COLLEGE

In collaboration with

Sports Committee

&

IQAC, CHD, NSS, Maa Ratni (NGO)

Yoga Camp Starts from 10th June, 2022
at 7:00 am

Venue: SLC, Sports Ground



Mr. V.S. Jaggi
Convenor, Sports Committee

Prof. Kusha Tiwari
Director, IQAC

Dr. Seema Dabas
Convenor, CHD

Dr. Rajiv Chaudhary
President Maa Ratni Society

Dr. Prabhat Sharma
Programme Officer, NSS

Dr. Sunita Pooniya
Yoga Coordinator

Prof. Rabi Narayan Kar
Principal, SLC



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Prof. Rabi Narayan Kar
(Patron & Principal)

8th International Yoga Day

21st June 2022, at 7:00 am

Venue: Sports Ground

Mr. V.S. Jaggi
Convenor, Sports Committee

Dr. Seema Dabas
Convenor, CHD

Prof. Kusha Tiwari
Director, IQAC

Dr. Prabhat Sharma
Programme Officer, NSS

Dr. Sunita Pooniya
Yoga Coordinator

Dr. Rajiv Chaudhary
President Maa Ratni Society

छात्र योग को जीवन का अभिन्न अंग बनाएं : मनोज तिवारी श्याम लाल कॉलेज में 18 दिवसीय योग शिविर



नई दिल्ली।
श्याम लाल
कालेज में 18
दिवसीय (10 से
27 जून 2022

तक) योगाभ्यास कार्यक्रम, प्राचार्य श्री रवि नारायण कार की देखरेख में चल रहा है। 21 जून 2022 को अन्तराष्ट्रीय योग दिवस के कार्यक्रम के अवसर पर प्रो. कार ने उपस्थित शिक्षको व विद्यार्थियों को मानवता के लिए योग का परिचय करवाया। योग कार्यक्रम की अध्यक्षता करते हुए सांसद श्री मनोज तिवारी ने विद्यार्थियों को योग को जीवन का अभिन्न अंग बनाने पर जोर दिया। इस कार्यक्रम में मां रतनी सोसाइटी की भी भागीदारी है। इस एनजीओ के अध्यक्ष डॉ राजीव चौधरी योग को बढ़ावा देने में भरपूर योगदान देते रहे हैं। योगा शिक्षिका डॉ सुनिता पूनिया ने विभिन्न योगासनो के महत्त्व को समझाया और इस बात पर जोर दिया कि हम कैसे नित्य 1-2 घंटे योग करके विभिन्न प्रकार की बीमारियों से अपने आप को दूर रख सकते है।





