

# SHYAM LAL COLLEGE

University of Delhi

National Service Scheme (NSS) of  
SLC

## INTERNATIONAL YOGA DAY

21<sup>st</sup> June, 2020

Center for Holistic Development (CHD), National Service Scheme (NSS), Dept. of Physical Education and IQAC celebrated the third International Yoga Day 21<sup>st</sup> June, 2020. International Yoga Day was celebrated with an overwhelming participation from the student community. Prof. Rabi Narayan Kar, Principal, SLC was crucial in the organization of programme as he helped and supported the students and teachers at every stage of the programme. Participation on the part of teaching and non-teaching staff of the college was equally enthusiastic. It is pertinent to mention that the following schedule was adhered to by the College for celebrating the event “**International Yoga Day**” i.e. 21 June, 2020.

### **INTERNATIONAL YOGADAY JUNE 21, 2020 (SUNDAY) SCHEDULE**

- 7.00 A.M. –7.15A.M. - Welcome of the Guests
- 7.15 A.M. –8.00A.M. - Yogasanas, Pranayam & Meditation
- 8.00 A.M. –8.15A.M. - Address by the Guests
- 8.15 A.M. –8.20A.M. - Vote of Thanks by Principal
- 8.20 A.M. - National Anthem

The webinar was attended by 194 students

