

10th INTERNATIONAL YOGA DAY

(June 14, 2024 to June 21, 2024)

“Through practice comes Yoga, through Yoga comes knowledge, through knowledge comes love, and through love comes bliss”- Swami Vivekananda

Yoga may be rightly called as a great gift of Bharat to the world. It is not just a word, it is a way of living! Yoga ensures the union of ancient wisdom with modern wellness. The word ‘Yoga’ finds its origin in the Sanskrit language and is connoted as ‘Union’. It is a union of the body, mind and soul by engaging oneself in mental, physical and spiritual practice, which fosters harmony and peace. Yoga helps to fight stress, improves the immune system and contributes towards the physical and mental one-being. SLC leaves no stone unturned to ensure inner well-being of all stakeholders and thus, celebrates the spirit of Yoga every year.

Yog Evam Dhyam Shivir was organized from June 14-20, 2024 under the aegis of Har Ghar Dhyam Campaign, in collaboration with Sports Committee, IQAC, NSS of SLC and NGO Maa Ratni. The Shivir was conducted in the online mode using the zoom platform, under the able guidance of Yoga Instructor, Dr. Anant Kr. Upadhyay, Assistant Professor, Department of Commerce, SLC. The Yog Evam Dhyam Shivir which celebrated the spirit of International Yoga Day, was the result of the efforts of Dr. Mukta Rohatgi (Convenor, Har Ghar Dhyam Campaign), Mr. V.S. Jaggi (Convenor, Sports Committee), Prof. Kusha Tiwari (Director, IQAC) and Dr. Swati Yadav (Convenor, NSS). Dr. Rajiv Chaudhary (President, Maa Ratni Society) and other faculty members of Har Ghar Dhyam Campaign that comprised of Ms. Palak Kakkar, Ms. Priyanka Yadav, Dr. Manisha and Mr. Yogesh. Every day, more than 10 students benefitted from the Shivir.

The Yoga Evam Dhyam Shivir apprised the participants about the right way of practicing Yoga. Each day at the Shivir commenced with subtle warm up exercises and participants were taught different asanas and postures like Tadasana, Vrikshasana, Trikonasana, Vajrasana, Ustrasana, Makarasana, Bhujangasana, Setubandhasana, Pawanmuktasana Shavasana and Pranayama-Anulom Vilom, Sheetal, Bhramari, among others. Each session would conclude with Dhyam / meditation and recitation of ‘Aum’: Aum Ucharan.

SLC has been celebrating International Yoga Day since 2015. In continuation of our effort to connect each household with the concept of Yoga and Dhyam and to fulfill the essence of Har Ghar Dhyam Campaign, the 10th International Yoga Day was celebrated on June 21, 2024 in SLC’s Sports Ground. The celebration witnessed the presence of over 100 participants, who practiced yoga with great enthusiasm and fervor. T-Shirts were distributed among the participants. The Yoga Day celebration offered an opportunity to the audience to appreciate the essence of Bharat. The Yoga Instructor, Dr. Anant Kr Upadhyay introduced the audience to the realm of yoga and took them onto the journey of self-introspection. The inspiration behind the event, the Principal of the College, Prof. Rabi Narayan Kar, brought forth the need to include Yoga and Dhyam in our lives.

Prof. Kar highlighted how yoga can be a game changer in the present times and help one fight problems like Stress, Depression, High Blood Pressure and Diabetes, something that can be attributed to our sedentary lifestyles. Prof. Kar appreciated the efforts of the Organizing Committee for successfully executing the Yoga Evam Dhyam Shivir that touched and benefitted the lives of many.

The celebration concluded with synchronized recitation of shlokas and Vote of Thanks by Mr. V.S. Jaggi. He encouraged the audience to practice yoga regularly to remain fit and improve concentration power. He was of the view that this initiative of Shyam Lal College must reach each household and bring a positive change in the lives of all. Refreshment boxes were distributed among the participants after the event concluded.

Here are the glimpses of the event:

SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++ and NIRF AIR 68
under the aegis of
Har Ghar Dhyam Campaign
in collaboration with
Sports Committee, IQAC, NSS & Maa Ratni (NGO)
cordially invite you to celebrate
10th International Yoga Day
21st June, 2024 06:30 a.m.
Venue: SLC Sports Ground
Organising Team
Mr. V.S. Jaggi, Prof. Kusha Tiwari, Dr. Mukta Rohatgi
Convenor, Sports Committee, Director, IQAC, Convenor, Har Ghar Dhyam Campaign
Dr. Rajiv Chaudhary, Dr. Swati Yadav, Dr. Anant Kr. Upadhyay
President, Maa Ratni Society, Programme Officer, NSS, Yoga Coordinator
Prof. Rabi Narayan Kar
Patron & Principal
Faculty Coordinators: Dr. Manisha, Mr. Yogesh, Ms. Palak Kakkar, Ms. Priyanka Yadav





New Delhi, DL, India
Hardari Lal Goyal Marg, Naveen Shahdara, New
Delhi, 110032, DL, India
Lat 28.674054, Long 77.281494
06/21/2024 07:38 AM GMT+05:30
Note : Captured by GPS Map Camera



New Delhi, DL, India
Hardari Lal Goyal Marg, Naveen Shahdara, New
Delhi, 110032, DL, India
Lat 28.674091, Long 77.281490
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SHYAM LAL COLLEGE
 NAAC A++ and NIRF AIR 68
 under the aegis of

Har Ghar Dhyam Campaign
in collaboration with
Sports Committee, IQAC, NSS & Maa Ratni (NGO)
organizes
YOGA EVAM DHYAN SHIVIR, 2024
योग एवं ध्यान शिविर, 2024

 **14th June, 2024 to 20th June, 2024**
 **07:00 a.m.**

Zoom Meeting ID: 873 8815 9395 **Passcode: 967812** **Or Scan for Zoom Link:** 

Organising Team

Mr. V.S. Jaggi Convenor, Sports Committee	Prof. Kusha Tiwari Director, IQAC	Dr. Mukta Rohatgi Convenor, Har Ghar Dhyam Campaign
Dr. Rajiv Chaudhary President, Maa Ratni Society	Dr. Swati Yadav Programme Officer, NSS	Dr. Anant Kr. Upadhyay Yoga Coordinator
Prof. Rabi Narayan Kar Patron & Principal		

Faculty Coordinators: Dr. Manisha, Mr. Yogesh, Ms. Palak Kakkar, Ms. Priyanka Yadav

Zoom Meeting

Shyam Lal Colle... Karender Mukta Manisha's iPhone Priyanka Yadav Palak

Shyam Lal College Karender Mukta Manisha's iPhone Priyanka Yadav Palak

Dr Anant Upadhyay

Participants (8)

Find a participant

- SL Shyam Lal College (Host, me)
- DA Dr Anant Upadhyay (Guest)
- M Mukta (Guest)
- K Karender (Guest)
- MI Manisha's iPhone (Guest)
- P Palak (Guest)
- PY Priyanka Yadav (Guest)
- VK Vikash Kumar (Guest)

Invite Mute All

07:15 20-06-2024

Zoom Meeting

Yogesh Kumar Dr Mukta Rohatgi Priyanka Yadav Shyam Lal Colle... Suryansh raj Swati Yadav

Yogesh Kumar Dr Mukta Rohatgi Priyanka Yadav Shyam Lal College Suryansh raj Swati Yadav

Recording

Dr Anant Upadhyay

Participants (10)

Find a participant

- YK Yogesh Kumar (Co-host, me)
- SL Shyam Lal College (Host)
- DA Dr Anant Upadhyay (Co-host)
- DM Dr Mukta Rohatgi (Co-host)
- PY Priyanka Yadav (Co-host)
- DP Dr. Prem Lata Meena
- S Suman
- SR Suryansh raj
- SY Swati Yadav
- VJ VS JAGGI

Sign in

Invite Mute All

06:54 14-06-2024