

## **Media Report of 10<sup>th</sup> International Yoga Day Celebration At Shyam Lal College**

Shyam Lal College, in collaboration with the Sports Committee, IQAC, NSS, and Maa Ratni NGO, organized a remarkable event on June 21, 2024, to commemorate the 10<sup>th</sup> International Yoga Day. The event, held in the College Sports Ground at 7:00 am, witnessed an impressive gathering of over 160 participants (students, Faculty members, Staff members) from diverse backgrounds, united in their pursuit of physical and mental well-being. Participants were then guided through various yoga asanas and breathing exercises by Dr. Mukta Rohatgi (Convenor, Har Ghar Dhyan Campaign) and Mr. Anant Kr. Upadhyay, a Yoga practitioner.

The event aimed to promote the ethos of the Har Ghar Dhyan Campaign, which emphasizes the integration of yoga into daily life for holistic wellness. This initiative by Shyam Lal College exemplified the institution's commitment to fostering a healthy and balanced lifestyle among its students and the wider community. The atmosphere was filled with enthusiasm and positive energy as participants immersed themselves in the practice of yoga. Yoga's therapeutic benefits were evident, as individuals experienced relaxation, stress reduction, and enhanced physical flexibility. Moreover, the event fostered a sense of unity among the participants.

The successful organization of the 10<sup>th</sup> International Yoga Day by Shyam Lal College and its collaborating partners serves as an epitome to the growing popularity and recognition of yoga as a powerful tool for personal growth and well-being. The event's success will undoubtedly inspire more individuals to incorporate yoga into their daily lives and reap its numerous benefits. The International Yoga Day celebration was concluded by an inspiring speech by the College Principal, Prof. Rabi Narayan Kar highlighting the significance of yoga in maintaining a harmonious mind-body connection and to imbibe it as a way of life.

The session ended with a vote of thanks being extended by Dr. Rohatgi Ji conveying that "Yoga is a priceless contribution from India's ancient heritage. It encompasses the integration of the mind and body, the alignment of thoughts and actions, the balance between self-control and fulfilment, and the harmonious connection between humanity and the natural world."

