

Report on Yoga Day Celebration in AditiMahavidyalaya(2024)

AditiMahavidyalaya, Department of Physical Education and Sports Science enthusiastically celebrated International Yoga Day, aligning with the global initiative to promote physical and mental well-being through yoga practices. The event was celebrated on 12th to 14th June online mode and 21st June in offline mode at AditiMahavidyalaya. The event aimed to introduce students and staff to the benefits of yoga and encourage a healthier lifestyle.

The event commenced with an inaugural ceremony, graced by our Principal Prof.Mamta Sharma who emphasized the significance of yoga in maintaining a balanced life along with teachers from Department of Physical Education-Dr. Rashmi Gupta and Dr. Manish Kumar Vats. Our experts Dr. Naveen Chandra Kandpal and Ms. Priyanshu conducted engaging sessions throughout the day. Students and faculty participated enthusiastically, learning various yoga asanas and breathing techniques aimed at improving flexibility and reducing stress. Demonstrations of advanced yoga poses inspired participants to explore the deeper aspects of their practice. Expert emphasized impact of yoga on mental health, stress management techniques, and integrating yoga into daily routines.Participants were encouraged to engage actively and ask questions. Participants left with enhanced knowledge of yoga practices and a commitment to integrating them into their daily routines for improved well-being. To build on this success, the college plans to organize regular yoga sessions and workshops, encouraging ongoing participation and promoting a healthy lifestyle among students and staff.

ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI

Department of Physical Education and Sport Sciences
and **NCC**
celebrates
INTERNATIONAL YOGA DAY

EXPERT



REFRESHMENTS WILL BE GIVEN TO ALL THE PARTICIPANTS

DR. HAVEEN CHANDORA KHANDELWAL
NATIONAL PRESIDENT
SRI VEDMANTRAM YOGPEETH &
STATE SECRETARY
INDRAPRASTHA YOGASAN SPORTS ASSOCIATION (DELHI)

RUBY AHLAWAT
SUO
NCC

DR. RASHMI GUPTA
DR. MANISH VATS
DEPT. OF PHYSICAL EDUCATION

PROF. MAMTA SHARMA
PRINCIPAL


DATE: 21st June 2024
TIME: 9:00 am
VENUE: Sports Ground

Aditi Mahavidyalaya
University of Delhi

Department of Physical Education and Sport Sciences

INVITES YOU TO ATTEND
an online workshop on
SURYA NAMASKAR
on the occasion of
INTERNATIONAL YOGA DAY 2024

EXPERT



DATE: 12TH - 14TH JUNE
TIME: 7-8 AM
VENUE: GOOGLE MEET

MS. PRIYANSHU
YOGA INSTRUCTOR
NATIONAL YOGA MEDALIST

ALL SPORTS CAPTAIN
STUDENT CO-ORDINATOR

DR. RASHMI GUPTA
DR. MANISH VATS
DEPT. OF PHYSICAL EDUCATION

PROF. MAMTA SHARMA
PRINCIPAL

