

Kamala Nehru College celebrates the third International Yoga Day on 21st June 2017

Yoga is a spiritual, physical and mental practice that needs to be carried daily. The College decided to celebrate Yoga Day by practicing and creating awareness about yoga and its benefits. On the occasion of the 3rd International Yoga Day, Kamala Nehru College had conducted a four day event actively participated by all NCC Cadets, NSS and NSO students. The event started on 18th June 2017, Sunday. The days 18th, 19th and 20th were observed as practice sessions of Yoga Camp, conducted by the NCC. The 21st of June 2017 was the main event. A spring for a healthier tomorrow, the event was conducted under the supervision of the Yoga Institute, South Delhi. Mr. Devendra Kumar Gupta (Chairman), Shrimati Vijayalaxmi (Centre Head) along with their team members consisting of Mrs. Shashi Gupta, Mrs. Sarita Bhardwaj and Mrs. Neera, who acted as perfect guides for the event. Approximately 400 students participated in the various sessions who were from different colleges of the university.

S/N	COLLEGE/ SCHOOL	NO. OF STUDENTS
1	Kamala Nehru College	100
2	Gargi College	65
3	Lady Sri Ram College	50
4	Dyal Singh College	65
5	Deshbandhu College	35
6	Delhi Police Public School	20
7	St. Mary Public School	25
8	K.R. Mangalam World School	20
9	Delhi Kannada Public School	20

The addresses and training encouraged the students to understand the importance of Yoga as well as how Yoga being significant for physical and mental health was essential for healthy social life too. The program started at 6:30 a.m. and went upto 9:00 a.m. The first three days of the event consisted of practice sessions. The last day, 21st June, started off with Mr. Devendra Kumar Gupta enlightening the students about Yoga and it's benefits, and why one should adopt Yoga in their daily routine, which was followed by various aasanas starting with warming up and stretching yoga followed by a series of Padmasana , Vajrasana , Dhanurasana , Chakrasana , Sarvangasana , HalasanaBhujangasana and ending with Shavasana.

The event concluded with a talk by Ms.SeemaKaushik, Yoga Teacher of Convent of Jesus and Mary School which was organized by NSS unit of the college. She enlightened the students about different benefits of Yoga, its scientific relevance and age long history behind it. This was the celebration of the 3rd International Yoga Day at KNC.