

#### JANKI DEVI MEMORIAL COLLEGE

#### ANNUAL PRIZE DISTRIBUTION CEREMONY

20th April 2023-Report

Janki Devi Memorial College, organized its Annual Prize Distribution Ceremony 2023 on April 20, 2023, from 10 am onwards in the College Auditorium. The dignitaries for the day were, Prof. Rajni Abbi, Proctor, University of Delhi as the Chief Guest, Prof. Pankaj Arora, Dean, Students' Welfare, DU, and Prof. Dipendra Nath Das, Rector-II, JNU were the Guests of Honor.

The event began with the auspicious note by playing Kulgeet (The University Song), followed by a lamplighting ceremony done by our Chief Guest and Prof. Swati Pal, the Principal. The further course of the events witnessed dance and music performances by the respective college societies and the giving away of prizes by the dignitaries to the students, teaching and non-teaching staff members for their achievements in academics, extracurriculars, and contributions to the college.

The event concluded with a vote of thanks and the playing of the National Anthem.









## **Bust Unveiling Ceremony**

## 27th March 2023-Report

On 27th March 2023, Janki Devi Memorial College conducted the Bust Unveiling Ceremony of its founder Shri Brij Krishan Chandiwala at 11:30 A.M. in the college premises.

Dr. Kusum Krishna, the Chairperson along with the Principal, faculty, and students unveiled the Bhai Ji's bust. Afterward, everyone recited the college prayer. Soft music was played in the background throughout. Towards the end, Boondi Ladoos were distributed to everyone.







# Demystifying the UPSC Civil Services Examination- Report February 17, 2023

**Janki Devi Memorial College**, in collaboration with **KSG India**, organized a **session** on **Demystifying the UPSC Civil Services Examination** on **February 17, 2023**, from 11 am- 1 pm in the seminar room. The session was headed by Ms. Almas Hussain, faculty at KSG India.

More than 100 students attended the session. The speaker talked about the UPSC examination and suggested tips about how to crack it. Further, she emphasized upon the importance of reading newspapers for general studies papers. Students actively indulged in the session.

The session was interactive throughout and proved helpful to the students who aspire to be Civil servants. The event was concluded with a vote of thanks.

# ALUMNI MEET 2023- Report February 11, 2023

The Alumnae Association of **Janki Devi Memorial College**, organized the **Alumni Meet 2023** on **February 11, 2023**, from 3 pm- 5 pm in the College Auditorium. The meet was<sup>6</sup> held as a get-together event and to also celebrate the success of our alumni.

More than 500 alumni from different batches attended the event. The Alumni meet consisted of lamp lighting, the Principal's address, dance, and music performances by different college societies, and a podcast session with a few of the alumni. Alumni namely Ms. Ritika Aggarwal, Ms. Nitika Sharma, Ms.

Davneet Kaur, Ms. Kumari Khushboo, and Prof Usha Sharma were felicitated for their extraordinary achievements as well.

The event was able to create an environment of nostalgia and joy while engaging everyone throughout. The event concluded with a vote of thanks and the playing of the National Anthem. Afterwards, everyone proceeded to collect their refreshments.

#### Pictures-









## JANKI DEVI MEMORIAL COLLEGE

SESSION ON SPARSH- GIVE CARE NOT SCARS- REPORT

# February 10, 2023

Janki Devi Memorial College in collaboration with Central District Legal Service Authority organized a session titled- SPARSH: Give Care Not Scars on February 10, 2023, at 12 PM in the College Auditorium.

## • Street Play

The session was attended by teachers and more than 300 students. It had two major components, first **Street play** by the team of Icandoit, mentored by Ms. Nirupama Wadhera and second a **Legal awareness session** related to the acid attack by Ms. Archana Chibber, Panel Advocate.

The street play depicted the life and struggles of an acid attack victim. It highlighted major issues of the same and presented initiatives as well.

#### • Seminar

Later, Ms. Archana Chibber elaborated on the same topic and took the discourse further. She informed the students about the various laws for acid attack victims and how to fight against them to help the victim. The students were attentive and actively participated in the discussion.

The session was successfully conducted in the presence of the Principal, Prof. Swati Pal, Staff Advisors and the Students' Union.







# FIRE DRILL -REPORT February 9,2023

**STUDENTS' UNION** of **Janki Devi Memorial College**, organized a **Fire Drill** session on **February 9**, **2023**, at **11 a.m.** in the college auditorium. The session was instructed by Administration officer of college, Mr. Kaushal Kishore and ISO Audit Officer, Cdr. Abhijit Sinha.

The drill witnessed by all the college students, along with the principal, teaching and non-teaching staff, and faculty members.

The session was addressed by Mr. Kaushal, who talked about the different sorts of fire, and conducted a demonstration with fire extinguishers. During this, students were also coached to use the fire extinguishers and what to do if they get caught in a fire. At the end of the session, students asked questions regarding the same which were answered by the instructor.

Overall, the session was a success which not only consisted of a fire drill but also covered rational thinking and adversity management in emergency situations. The entire session was engaging and instructive.

## JANKI DEVI MEMORIAL COLLEGE

# REPUBLIC DAY REPORT 26th January, 2023

On 26th January 2023, **Janki Devi Memorial College** celebrated the Flag unfurling and Saraswati Pooja under the theme **''Basant ke Rang'**' in the college premises.

#### • Flag unfurling:

The celebration began with the unfurling of the National Flag by the Principal, Prof. Swati Pal along with the teaching and non-teaching staff at the JDMC Triangle at 10:00 AM. This was followed by the recitation of the National Anthem. Everyone saluted the flag and the drill was enacted by the NCC Cadets. Chocolates and flags were distributed by the union members to everyone. Afterwards, the Principal conveyed her thoughts on this occasion.





## • Saraswati Pooja:

Furthermore, the occasion was followed with Saraswati Pooja. Everyone headed towards the college Library for the same and participated wearing theme-suited clothes. Saraswati Vandana and our college prayer were chanted to seek blessings from the goddess. After the Pooja, boondi laddoos were distributed.

The students enthusiastically engaged with the programme.





# SYMPHONY 2023 Report January 11-13, 2023

#### DAY 1

SYMPHONY 23, the inter-college Annual Cultural Festival of Janki Devi Memorial College is scheduled to be held from 11-13 January 2023. The Inauguration Ceremony of the three-day festival was held on 11 January at 10.00 AM in the College auditorium.

Sh. Anoop Lather, Chairperson Cultural Council and Public Relations Officer, University of Delhi was the Chief Guest for the day. Smt. Padmaja Chakraborty, Classical/Semi classical Vocalist and Smt. Vidha Lal, Kathak exponent and Guru were the Guest of Honour and Special Invitee respectively.

Prof. Swati Pal, Principal, Janki Devi Memorial College declared the event open with the curtain raiser event.

The audience was spellbound by the scintillating performances by several dance and music cultural societies of the college. A medley of music and dance lit the ambience and a large gathering of students, teachers and non-teaching staff were thoroughly entertained.

The event concluded with a vote of thanks and the playing of the National Anthem.









**DAY 2 & 3** 

During the three days of **SYMPHONY 2023** students from various colleges across the University of Delhi and others chose to become a part of this celebration. Diverse competitions were held by different societies and departments equally, and carnivalistic music and dance performances filled the environment with great zeal and gusto.

Varied competitions held starting with Munadi, the street play competition organised by Anubhuti- The Dramatics club of JDMC. Jhankaar the Indian folk dance society also upheld a competition for the same. The Impreneurs, The E-Cell had organised a 2-day Startup-Combat.

Aradhi, the solo classical dance competition, was also a very big crowd-puller for Day-3. Euphonie, the Western music society, also organised a very successful competition.

Lastly, SYMPHONY 23 ended with a successful and exhilarating rock concert, in which Stebin Ben performed with his heart and soul, and students too expressed their joy by singing along the lyrics to and the tunes of the performer.







# GAMES FOR THE STUDENTS - A TACTILE GAME Report December 5, 2022

**STUDENTS' UNION** of **Janki Devi Memorial College**, on the occasion of "International Day of Persons With Disabilities" organised an awareness stall and game for the students titled, Seeing by Touch: A Tactile Game on **December 5th, 2022**, from 10 am to 1 pm, near JDMC triangle. The Teacher Coordinator of the event was Dr. Md. Zubeer Ahmed. The event focused on spreading awareness about disability inclusivity and the various tools used for the same. There were around 100+participants.

For visually impaired students, there were equipments available for word recognition, write-ups and games. There were also a chess board game, a cricket ball, and a watch made specifically designed for

them. The competition named 'Tactile' consisted of participants being blindfolded and guessing the objects given to them only by the use of their sense of touch.

Further, the event sensitized the students about the challenges of visually impaired people through the Teacher Coordinator and some students of the institution.

The event was successful in creating an inclusive environment and educating students about the ways and means by which they can contribute towards the same.

Glimpses from the session:





# TRAFFIC AWARENESS SESSION Report November 30, 2022

STUDENTS' UNION of Janki Devi Memorial College, organised a very insightful session on "Obeying traffic rules" on 30th November 2022, at 1:00 PM, near the JDMC triangle. The event started with the students pledging for the important traffic rules. Our staff advisor Dr. Rajyalakshmi ma'am delivered the pledge to the ladies. This pledge was taken to create awareness about the important traffic rules that one must follow. There were around 40+ attendees at the session. Importance was laid on the rules like; slowing down at road junctions, intersections, pedestrian crossings, and road corners and waiting until there is a clear passage ahead, etc. The event was successful in spreading awareness amongst the college students.

#### PICTURES:



# CHILDREN'S DAY CELEBRATION -Movie screening on India's Jawahar Report November 14, 2022

**STUDENTS' UNION** of Janki Devi Memorial College, organized an enlightening **Movie Screening** of India's Jawahar on the celebration of Children's day on **November 14, 2022**, from 11:30 am onwards in Room no.68. The screening was attended by 60+ students.

Ananya, Vice President began the event by greeting the audience and wishing them a Happy Children's day. The event was followed by honouring roses to our beloved principal ma'am and staff advisors. Prof. Swati Pal addressed the audience with words of wisdom and kindness. The screening, which lasted for 26 minutes, was attentively seen by everyone.

The documentary's main goal was to understand how the students coped with difficulties and never gave up as it was instructive and inspirational. Additionally, all the attendees were offered pens from the union. In the end, the event was concluded by Arushi, the treasurer and was a great success.

## Glimpses from the event:







# SESSION ON NEW AGE CAREERS Report November 11, 2022

**STUDENTS' UNION** of Janki Devi Memorial College, organised an illuminating session on "**New Age Careers**" on **November 11, 2022**, at 1 pm in the Seminar Room. The honourable resource person for the session was **Prof. Milind Chakrabarti** who is Professor and Associate Dean at OP Jindal Global University. There were around 100+ attendees at the session.

The session was addressed by Prof. Milind Chakrabarti, who holds an experience of 27 years in research and teaching and has been a consultant to different ministries of Govt. of India, the Planning Commission, the World Bank UNDP, IFAD, and the British Council. He began the session by deciphering his journey from graduation in economics to being a professor by picking out the dilemma that students face in choosing the right courses. He talked about sustainability, human life and solutions to always moving on.

The session was not only about the main aim of career decisions but also how to make it in practice, and how OP Jindal Global University is providing new programmes. Overall, the session provided a thorough understanding of careers as well as sustainability and the efforts that should be made by us in growing individuals. Students come up with their queries very enthusiastically. The speaker had a very calm voice and a highly insightful personality. The whole session was interactive and edifying.

## Glimpses from the session:





# ORIENTATION SESSION Report November 2-7, 2022

The Students Induction Programme for the Bach of 2022-23 was organised from 2 - 7

November 2022. The Orientation of various departments were held on 2 and 3 November. The first-year students were apprised about the time table, internal assessment and were introduced to the teachers of their respective departments. Prof. Swati Pal, Principal of Janki Devi Memorial College addressed the students of every department and welcomed them to the college.

The various societies/clubs of the college held their Orientation on 4 and 5 November 2022. The conveners informed the students about their respective societies/clubs and invited students to join and participate in the college activities. The College Orientation programme was held on 7 November 2022 in the College Auditorium. The Principal, Prof. Swati Pal addressed the first-year students and informed them about the history of the college, its founder Lt. Sh. Brij Krishan Chandiwala and the mission of Janki Devi

Memorial College. The Principal also introduced the respective teacher incharges,

Administration staff and Librariarian to the first-year students. The administrative officers, Dr. Kaushal Kishore and Mr. Surender Kumar notified the students about the timings and functioning of the administrative office. The college Librarian, Dr. Nivedita Sharma apprised the students about the Library staff and motivated the students to come and take advantage of the fully equipped library. The event was concluded with the playing of the National Anthem.



Pictures-



## JYOTSNA'22

# Report October 19-20, 2022

The Diwali fiesta '**JYOTSNA 22'** held at Janki Devi Memorial College was celebrated with gusto and glory. It was a 2-days event which was held on 19<sup>th</sup> and 20<sup>th</sup> October 2022 on college premises, 11 AM onwards. The event was inaugurated by our beloved Principal Professor Swati Pal by cutting the ribbon along with the staff advisors and the union members at the entrance of the mela ground.

This inaugural was followed by a traditional folk dance by the folk dance society – JHANKAR. The apex of the mela was its versatile stalls ranging from food stalls, games, handmade accessories, stationary, clothing and much more. There were stalls put up by different societies and departments of the college.

The first day of the fest witnessed 300+ footfalls. Not only that, we had an incredible performance by NRITYA, SARANG and EUPHONIE from our college who gave a splendid performance and set the foot tapping. We also welcomed dance groups from varied colleges like Miranda House, Shaheed Bhagat Singh College and many more. Day 2 began with a bang-on performance by the Students' Union and witnessed 600+ footfalls. This day was full of excitement and numerous performances with attractive Knick-Knacks. The event was marked with a plethora of games to entertain everyone with striking prizes. There were impressive mouth-watering delicacies to cater to all palates. Furthermore, the decor added visual interest and pleasure to the event making it more ravishing and glorious. The ethnic theme of the event was the icing on the cake and made it more spellbinding.

The event ended on a very energetic note as we had a frolic and frisking Cultural Garba Evening which was quite amazing. It unleashed the dancing spirit within us.





# REMEMBRANCE MEET Report October 12, 2022

The Students' Union of Janki Devi Memorial college organised a 'Remembrance Meet' on 12th October 2022, in the college auditorium to commemorate our loved ones. The meet began at 11:45 am and was held to remember and honour the ones we lost, in silence. This was a tribute to those who remain forever in our hearts and are gratified for their time with us. We were joined by our Respected principal Prof Swati Pal, faculty and advisors.

The stage was generously decorated with flowers and candles- that were lit for our precious ones who can never be forgotten. Calming music was played throughout the meet with no speeches or programs

taking place. Prof Pal brought a photograph of her dearest one. Everyone just sat there and remembered their loved ones in silence. There was stillness the whole time. This meet was witnessed by 60+ students. Our beloved principal ma'am got emotional during the meet.



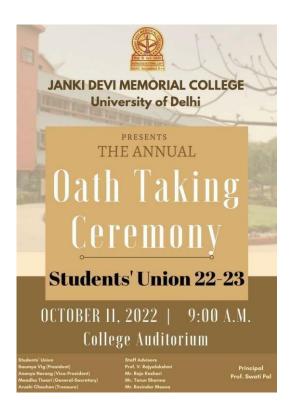




# OATH TAKING CEREMONY Report October 11, 2022

A new journey begins for Janki Devi Memorial College on the morning of October 11th, when the Students' Union of 2022-2023 took an oath as office bearers. The oath-taking ceremony was held in the auditorium and began at 9:00 AM. The ceremony commenced with the Principal, Professor Swati Pal reciting the oath which was followed by the union, where every member pledged to put their best foot forward this year and serve the college selflessly. This was followed by the giving away of badges by the Principal to the respective union members and the staff advisors.

At the end of the ceremony, Prof. Pal lifted everyone's spirits with an encouraging and insightful speech by asserting the prominence of responsibilities as office bearers and welcomed the 2022-2023 students' union wholeheartedly. The ceremony ended by taking a group picture of the Janki Devi Memorial College Students' Union 2022-2023.



## PICTURES:





## LECTURE ON Gandhi And Ethics

## Of Non-Violence-

# Report September 21, 2022

Janki Devi Memorial College organised an enlightening lecture on "Gandhi and Ethics of Non-Violence" on the occasion of the International Day of Peace on 21st September 2022 in college room no. 66. The whole session was attended by 60+ students.

The resource person of the event was Dr Sanjeev Kumar, who is an associate professor of Political Science at Zakir Hussain College, DU. He holds an M.Phil and Ph D. in political science.

The lecture intelligently threw light on the inspiring journey of the great personality of India. Everyone amplified many new things to their knowledge. In the end, the event was a great success.

#### Glimpses from the lecture-





# Teachers' Day Celebration - Report

# September 5, 2022

Janki Devi Memorial College held a long assembly on 5th September 2022 in celebration of Teachers' Day. The event was organised by the Students' Union. Teaching and Non-Teaching staff along with the students of the college were present as the audience.

The celebration commenced with the Principal's address. It included three games as a part of the day's celebration. The teachers as well as the students were thrilled and enthusiastic throughout. The event proved to be a successful token of gratitude from the students to the teachers.





76<sup>th</sup> Independence Day (*Azadi Ka Amrit Mahotsav*) – Report August

8, 2022 - August 15, 2022

*Azadi Ka Amrit Mahotsav* marks the celebration of 75 years of Indian Independence. Janki Devi Memorial College celebrated the closing ceremony with the following events to mark its end on a formidable note.

#### **❖** Hindi Poetry Recitation:-

On August 8, 2022, the Hindi Department, JDMC organised an event titled ज-ए-आजादी और दे श प्रेम की किकवता through a virtual meeting on Zoom platform. Several notable Indian poets and their writings on Indian freedom struggle were read and discussed. The participants recited the poems and were awarded E-Certificates for their enthusiastic involvement.



#### **❖** Independence Day Drive: Donate Dry Ration:-

The Department of Human Development and Family Empowerment under the aegis of JDMC-IQAC Centre for Extension and Outreach Activities in collaboration with Robin Hood Army organized an "Independence Day Drive" in which they distributed Dry ration to the disadvantaged section of the society. Sensitization about the drive was also done by the Robins on July 29, 2022. The drive is ongoing and will culminate by August 15, 2022. Many faculties and students took the initiative and contributed for the drive.







#### ❖ Closing Ceremony of Azadi Ka Amrit Mahotsav:-

On August 12, 2022 led by the vision of our Principal, Prof. Swati Pal, the Students' Union, Janki Devi Memorial in conjunction with a number of the college's clubs, celebrated the farewell of *Azadi Ka Amrit Mahotsav*. The event commenced with opening remarks delivered by the Principal, Prof. Swati Pal who has relentlessly encouraged the college in all endeavors. She has been an impactful leader and has continually motivated the students to strive for success daily. Her ability to empathize with students and constant belief in the staff inspires us all to learn new things.

#### From the Principal's desk

As life moves on, it often seems that we take everything for granted, including our *Azadi*, our freedom. We forget that this freedom came at a price, a price paid by our freedom fighters and their families, a price paid by those who suffered in the aftermath of the freedom movement from the tragic division of the country due to Partition. In forgetting, we do a grave injustice to the architects of the nation especially to those who have laid down their lives for us. It is thus fitting that we remember with pride, with gratitude and humility, those who have left their footprints on the sands of time. 75 years of leading a life free from tyranny and oppression, 75 years of choosing our own leaders to govern us, 75 years of striving to progress, to evolve as a dynamic republic, certainly calls for celebration. It is no mean feat. And we must remember through music, dance, performances, speeches, exhibitions, debates, discussions, seminars, poetry readings, tributes, and all other cultural as well as academic ways that are open to us as educational institutions. In doing so, we take stock of the fact today we have the freedom to do things that our ancestors were deprived of, including receiving quality education.

However, celebration is only one of the many ways that we remember those whose supreme sacrifice allows us a good night's sleep. If we really want to honour the heroic freedom warriors of our nation, we must emulate them. We must remember that they not only fought to free the country from foreign rule but they also helped to construct this nation as a modern, self-reliant entity. They made policies and ensured that these be implemented. Brick by brick they built civil society including schools, colleges and universities. They realised that simply attaining freedom from colonial rule would be to reduce the freedom to a technicality; they realised that freedom really meant, an opportunity to DO better than before, to BE better than before. They realised that the country has to be the *karmabhoomi* and each citizen must fulfill his/her *karma* in the best possible way. Only then could the country reach that 'heaven of freedom' that Gurudeb Rabindranath Tagore speaks of in those magnificent lines, 'Where the mind is without fear'.

It is pertinent to ask, have we reached that heaven of freedom that the great poet speaks of? Is the mind of every Indian citizen without fear? Is the head of every Indian citizen held high? Is knowledge in India free? Is Indian society unfragmented? Yes, we have taken some gigantic strides ahead but the kind of freedom that the poet speaks of is yet an aspiration. *Azadi Ka Amrit Mahotsav* should mean a renewed pledge to realize that aspiration, a will and determination to see with our own eyes that which we dream off, that heaven we call freedom.

Selflessness and the ability to think of the greater good are essential traits that we must cultivate if indeed we respect our freedom fighters and genuinely believe that *Azadi* is amrit. Our own founder, the late Shri Brij Krishan Chandiwallah (*Bhaiji*) who gave up all his worldly wealth after having surrendered himself to the freedom movement and a Gandhian way of life, is a person whose life can be an example for all of us. He showed us that a true patriot is not one who rests easy at crossing a hurdle; instead, he is one who sets new benchmarks for the country to achieve and indeed who facilitates the citizens to reach those. Had Bhaiji felt he had done enough after 1947, we would not have had the privilege of being a part of such a great institution, our Janki Devi Memorial College with its 63 years of service to the nation through education. Many people have died for the country. You and I should live for it. In the most honest and noble way possible. No matter where we are and what we do, we should never forget that we are first and foremost

Indians. We should relentlessly strive to excel, no matter in which walk of life we are. Then truly will it be an *Azadi Ka Amrit Mahotsav*.

Jai Hind!

## Performances:-

Jhankaar-The Indian Folk Dance Society of JDMC performed an exhilarating folk dance performance after the address. While the festivities continued, Anubhuti-The Dramatics Club of JDMC gave a noteworthy theatre performance. Following such stirring performances, the audience applauded. Everyone stood for the National Anthem.







\*Remembrance of the Partition Horrors' Silent March & Exhibition:-

August 14, 2022 sought 'Remembrance of the Partition Horrors' at Janki Devi Memorial College as the Principal, faculties and students engaged in two minutes silence to pay homage to all the departed souls. This was followed by a silent march around the campus. The college also prepared a small exhibition of portraits which showcased the 75 greatest personalities of India in the past 75 years to remember their achievements and sacrifices.

#### 1. FlagHoistingCeremony:-

On August 15, 2022 Janki Devi Memorial College celebrated the 76<sup>th</sup>Independence Day and concluded*Azadi Ka Amrit Mahotsav* with the Flag Hoisting Ceremony. The flag was hoisted by the





# 63rd Founder's Day Celebration -

Report August 1, 2022



and Vice Principal. Then Sarang: The Indian Classical Music society, engaged the gathering with their vocal piece of Vande Mataram. The Chief guest, Prof. Santishree Dhulipudi Pandit and Guest of Honour, Prof. Amarjiva Lochan were introduced and ficitated by the Principal, Prof. Swati Pal. Moving forward with the celebration, Principal Swati Pal, addressed the mass and threw light on the auspiciousness of the occasion. The mass was then engaged in a soulful performance given by Nupur: The Indian Classical Dance Society. Furthermore, the Guest of Honour addressed the mass..... This was followed by a short reading of some extracts from the book 'Dilli Ki Khoj' by our founder, Late Shri Brijkishan Chandiwala, by the faculty of English Department.

This was then followed by felicitation of teachers who completed 25 years in this profession, in order to pay homage to their continual tenacity and commitment. At the end of the event, the Presiding Officer, Dr Kusum Krishna addressed the gathering to conclude the event on a good note and pay her respects to our Founder and Institution. The event came to an end with a vote of thanks followed by the playing of the National Anthem.

## JANKI DEVI MEMORIAL COLLEGE

# World Population Day Celebration – Report

July 11, 2022



which have snown serious concerns in the past two decades. The students were highly motivated towards the end of the discussion and asked several questions as well. As an institution it is our duty to organize such events not only to create awareness but also to spread knowledge and information.

# International Yoga Day –

# Report June 21, 2022



Department of Physical Education of Janki Devi Memorial College conducted a lecture-cum- demonstration to celebrate the 8<sup>th</sup> *International Yoga Day* from 9:00 AM to 11:00 AM on June 21, 2022 at Janki Devi Memorial College. The invited resource person for the session was Dr. Pradeep Yogi.

The programme began with the welcome note, welcoming all the guests and participants. Prof. Swati Pal, Principal, JDMC addressed the audience by highlighting the need for Yoga in the present times and expressed hope that this session would prove beneficial to all the participants. After the introduction of the resource person the programme began with the inauguration prayer after which Dr. Yogi began with the yoga routine.

Dr. Yogi started the session by educating the participants with the benefits and tremendous facts about yoga. Further on, he busted myths revolving around the same and enlightened the audience as to how Yoga affects a person not only physically but mentally and emotionally as well. He provided the masses with tips and tricks to inculcate in our lives to transform our lifestyle into a better one amidst the hustle and bustle of the modern world. Along with explaining the efficiency of yoga he demonstrated a few Asanas as well, which the audience followed. The audience proved to be extremely enthusiastic and participated with great zeal.

After doing justice to the essence of the occasion by performing different yoga poses, Dr. Yogi ended the demonstration session on a note of encouraging the participants to not lose touch of yoga from their lives. With the end of the demonstration, a vote of thanks was delivered, thanking Dr. Pradeep Yogi for his efforts and for providing a fruitful session. The end of the event was concluded with the National Anthem.



