



JANKI DEVI MEMORIAL COLLEGE

International Yoga Day – Report

June 21, 2021

Department of Physical Education in collaboration with the staff advisors of Janki Devi Memorial College conducted an online webinar on the theme, **Yog for Unity and Wellness – Preventive Healthcare** a lecture cum demonstration Yoga session to celebrate *7th International Yoga Day* on Zoom from 10.30 am to 12.30 pm on June 21, 2021. The invited resources persons for the session were **Acharya Dev Chaudhary** and **Acharya Divya Chaudhary**, New Delhi.

The programme began with the welcome note by Ms. Debahuti Brahmachari, welcoming all the guests and participants. Prof. Swati Pal addressed the audience by highlighting the need for Yoga in present times and expressed hope that this session would prove beneficial to all the participants. After the introductions of the resources persons by Dr Anupama Raput, the programme began by Acharaya Dev Chaudhary with the inauguration prayer and the yoga routine.

He explained each asana and pranayama Kriya with its benefits and contraindications, while Acharya Divya performed for the participants, who performed simultaneously. He then explained the philosophy of Yog and its importance and benefits in daily life, specifically with reference to the present tough and challenging times of COVID. There were 90 participants in the meeting.

Ms Shilpa Maggo then took the queries from the participants and Acharya Dev Choudhary answered..

The programme finished with a vote of thanks by Dr. Abha Jain, reiterating the need to adopt yog on a daily basis to ensure a healthy and productive living under any circumstances. She thanked all the guests and participants for joining the *7th international Yoga Day celebrations*, which was attended by nearly

participants that included teaching & non teaching staff, students of JDM College as well as colleges of University of Delhi and outside Delhi. National anthem was played to formally conclude the celebrations.

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