

3rd International Day of Yoga – 2017

Action Taken Report

**Department of Biochemistry
University of Delhi South Campus**

Department of Biochemistry

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19th June 2017

YOGA FOR LIFE



On the occasion of 3rd International Day of Yoga, our department is organizing "YOGA DAY" on **Wednesday, the 21st June 2017.**

Ms Nidhi Khanduja and Ms Komal Suiwal from Morarji Desai National Institute of Yoga will be coordinating the activities.

Programme

- 10.30 A.M. : A Lecture on
"Importance of Yoga"
Venue: Seminar Room,
Dept. of Biochemistry, UDSC
- 11.30 A.M. : Yoga Practice Session
Venue: Lawns behind
Cafeteria, UDSC

The programme will be followed by refreshments. All are cordially invited.


Head of the Department



As mentioned in the programme schedule, the Department of Biochemistry had organized a Yoga Day event on the occasion of the 3rd International Day of Yoga – 2017 on the 21st June 2017 from 10:30 am to 3:00 pm.

For conducting this event nicely and more coordinatedly, we had requested Morarji Desai National Institute of Yoga to send their representatives who can enlighten us about the benefits of Yoga and can conduct the practice session.

The faculty members, students and office staff actively participated in the event.



All the participants were welcomed by Dr. Garima Khare (organizer of the event). She apprised the audience about the importance of conducting such events and the importance of Yoga awareness.



Subsequently, the Head of the Department (Prof. Debi P. Sarkar) also addressed everyone by reciting a few shlokas and emphasising the importance of Yoga.



Ms. Nidhi Khanduja, invited speaker from Morarji Desai National Institute of Yoga then gave a lecture on the benefits of Yoga describing in detail the meaning of Yoga, its importance, the changes that one can experience by practising Yoga.

She took a small meditation session for the crowd to help them understand the transformative and calming benefits of Yoga.





After the seminar was over, everyone proceeded to the lawns to perform the yoga practice session which was demonstrated by Ms. Komal Suiwal from Morarji Desai National Institute of Yoga and instructed by Ms. Nidhi Khanduja.

The practice session involved by following activities in the given order:

1. Prayer
2. Loosening Practices
 - Neck Bending
 - Shoulder's movement

- Trunk Movement
- Knee Movement

3. Yogasans

- Standing Postures (Tadasana, Vrksasana, Pada-hastasana, Ardha-cakrasana, Trikonasana)
- Sitting Postures (Bhadrasana, Vajrasana, Ardha Ustrasana, Ustrasana, sasakasana, Uttana Nadukasana, Vakrasana)
- Prone Postures (Makarasana, Bhjargasana, Salabhasana)
- Supine Postures (Setubandhasana, Uttana Padasana, Ardha halasana, Pavanamuktasana, savasana)

4. Pranayama

5. Bhramari Pranayama

6. Dhyana

7. Sankalpa

8. Shantih Patha





In the end, the programme was followed by small refreshments.