

# Report on Yoga Session organized in celebration of International Day of Yoga

*"Samatvam Yoga Uchyate"*  
(Evenness of Mind is known as Yoga)

NSS Aryabhata Unit, in collaboration with the Department of Physical Education, organized a Yoga session on the occasion of the Ninth International Day of Yoga on **June 21, 2023** in the college premises. The event witnessed the enthusiastic participation from more than 60 people, including NSS members, students, the teaching as well as the non-teaching staff of the college.

Mr. Mukesh Yadav and Ms. Seema Sharma along with their team from Patanjali Siddhant Foundation were the instructors for the event. They were welcomed by the Principal, Prof. Manoj Sinha and Dr. Astha Ahuja, Programming Officer. The attendees were guided through a series of yoga asanas and breathing exercises. Mr. Mukesh also explained the benefits of yoga as part of the daily routine in the busy lives of people today. He explained how yoga transforms the connection between the body, mind and soul.

In the end, a prayer was said for the peace and wellness of every soul followed by refreshments for the participants. The session was fruitful in delivering the message of the importance of a healthy lifestyle and how that can be achieved through yoga.

**FIT INDIA** **NSS UNIT** Aryabhata College  
in collaboration with  
**Department of Physical Education**  
presents  
**Yoga Session**  
On the occasion of  
**9th International DAY of YOGA**

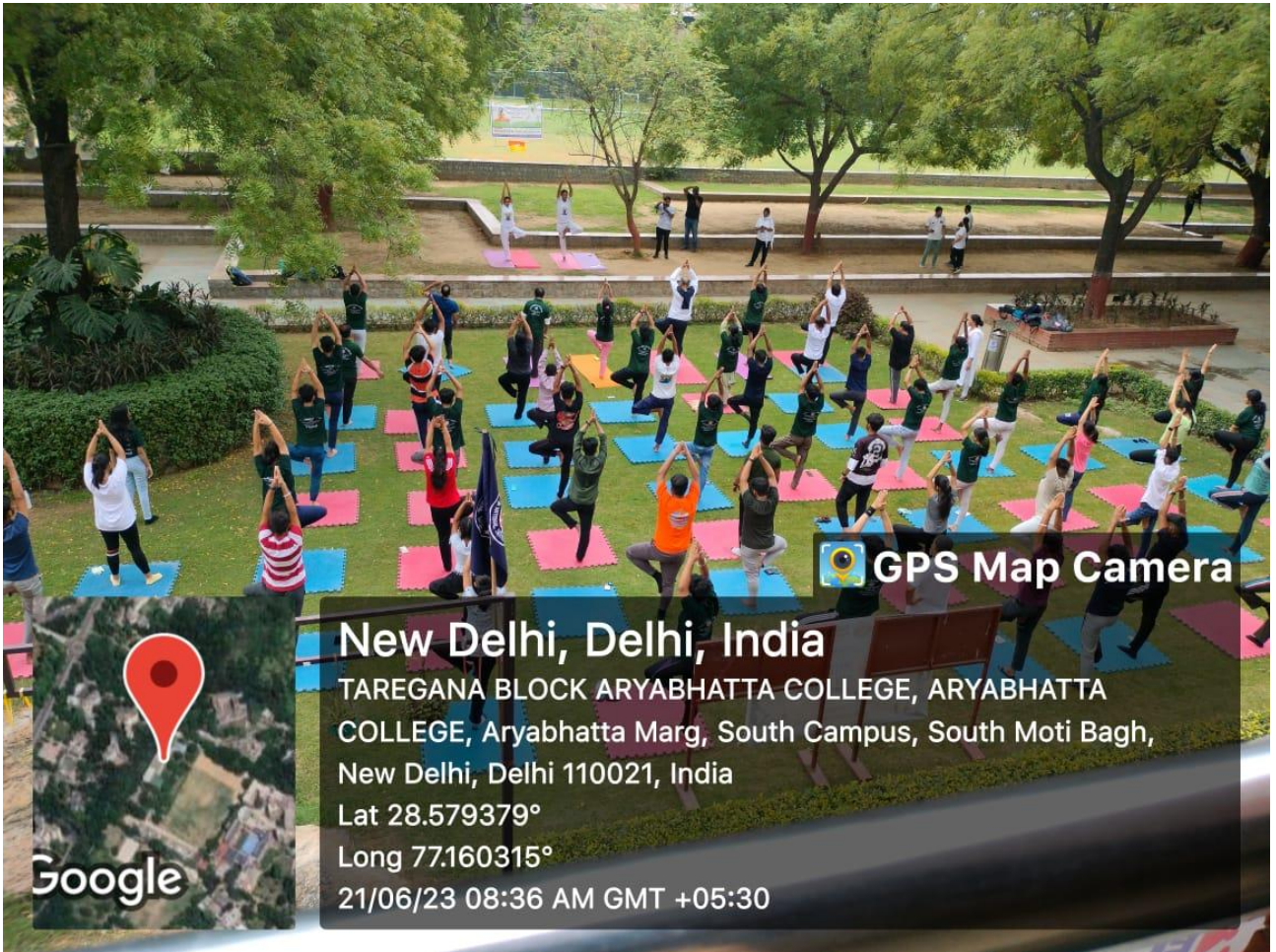
*All the faculty members, non-teaching staff and students are requested to join this session*


📅 21st June, 2023 📍 Lawn Area, Taregna Block 🕒 7:30 AM - 9 AM

Session will be conducted by YOGA instructors from PATANJALI  
Ms. Seema Sharma Ms. Rameshwari Bisht Mr. Param Veer Yadav

Prof. Manoj Sinha (Principal) Dr. Astha Ahuja (Programming Officer NSS) Rajat Yadav (Joint-Secretary NSS)





 **GPS Map Camera**

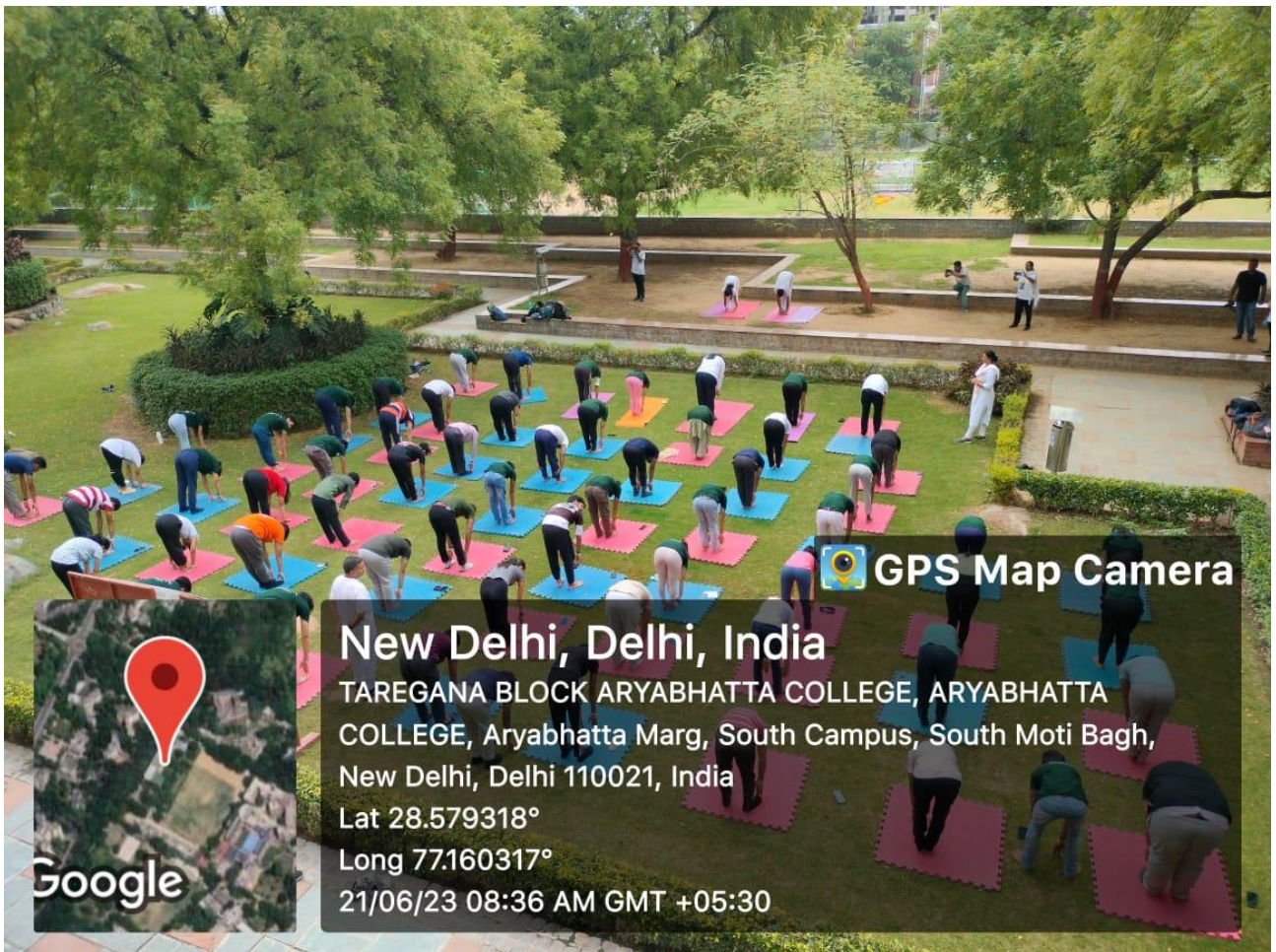
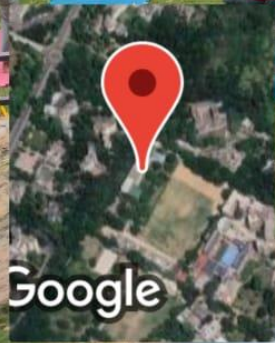
**New Delhi, Delhi, India**

TAREGANA BLOCK ARYABHATTA COLLEGE, ARYABHATTA COLLEGE, Aryabhata Marg, South Campus, South Moti Bagh, New Delhi, Delhi 110021, India

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Long 77.160315°

21/06/23 08:36 AM GMT +05:30



 **GPS Map Camera**

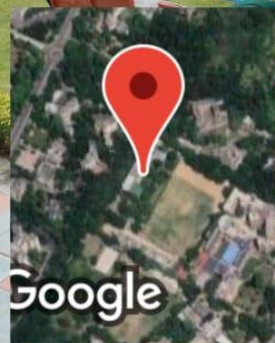
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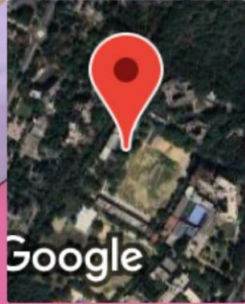
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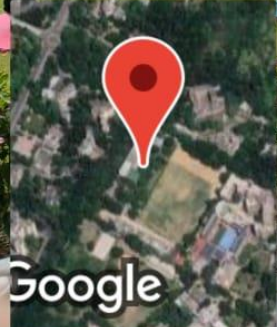




**New Delhi, Delhi, India**

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India

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**New Delhi, Delhi, India**

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COLLEGE, Aryabhata Marg, South Campus, South Moti Bagh,  
New Delhi, Delhi 110021, India

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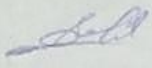
## List of Volunteers

21<sup>st</sup> June, 2023

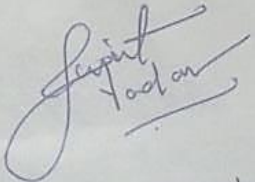
(6:30 AM TO 9:30 AM)

### International Day of Yoga

<u>Name</u>	<u>Roll No.</u>	<u>Sign.</u>
Shreya Mishra	BAP/21/94	Shreya
Leela	BAP/21/79	Leela
Arpita Parashar	POL/21/83	Arpita
Vikash Kanaujia	POL/22/59	Vikash
Vishal Kumar	POL/22/60	Vishal
Aditya Kaushik	POL/22/6	Aditya
Crulshan Kumar	POL/22/12	Crulshan
Krishna Garg	POL/22/26	Krishna
Shailsh kumar	HIS/21/63	Shailsh
Neha	101/22/37	Neha
Vishal	POL/21/77	Vishal
Ayush Gupta	BAP/22/22	Ayush
Mehd Arham Shobh	BAP/22/34	Mehd
Kshity Chandrakola	BAP/22/39	Kshity
Sejal Naik	PSY/22/53	Sejal
Mohammad Sadique	POL/22/33	Mohammad
Yogesh Yadav	HIN/21/41	Yogesh
Yogesh Malik	BAP/22/25	Yogesh
Harsh Sharma	HIS/22/23	Harsh
Debang K. Koushiu	HIS/22/19	Debang

Name	Roll no	Sign
Sahil Chaorasia	Ad /22/45	
Karan K.	POL/22/11	<u>Karan</u>
Indresh K.	POL/21/70	Indresh
Anant Mohan Shukla	HIS/22/10	Anant Mohan Shukla
Komal	PSY/22/31	<u>Komal</u>
Rajat Yadav	POL/21/32	Rajat Yadav
Ananya Singh	PSY/22/05	<u>Ana</u>

lessu (senior number)

  
(Joint-Secretary)