

## 9<sup>th</sup> International Yoga Day 21<sup>st</sup> June, 2023. Report

On the occasion of 9<sup>th</sup> International Yoga Day, Dada Ramchand Bakhru Sindhu Mahavidyalaya organized Yoga Day in the quadrangle area of the college.

The resource person for today's function was Dr. Rakhee (Yog Guru) who is currently working at RTMNU in the Dept of Electronics and Computer Science, the function started at 7 am sharp, the introductory speech was given by Dr. Richa Kalyani, the guest was welcomed by a floral bouquet given by the hands of Principal.

Dr. Rakhee started the session with a prayer and then after she started explaining the difference between exercise and Yoga after the explanation she explained about some asana and demonstrated the asana for everybody and also supervised them when all were performing, ma'am explained about few asana which are useful in day to day life, she not only explained, performed the asana but also told in detail the advantages of these asana. The session was concluded with some breathing exercises, chanting of Omkar and then at last the prayer.

Vote of thanks was given by Dr U Varma, the resource person was felicitated with a token of appreciation on the hands of Dr V M Pendsey (Officiating Principal).

Along with the Principal, Vice Principals, Registrar and members from teaching and non-teaching were also present.

The whole event was conducted and organized by the Department of Physical Education.

