



DELHI INSTITUTE OF ADVANCED STUDIES

Plot No. 6, Sector-25, Rohini, Delhi-110085

(NAAC Accredited 'A' Grade Institute)

(Approved by AICTE and Affiliated with GGSIP University, Delhi)

(An ISO 9001:2008 Certified Institution)

YOGA DAY

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.

Keeping into the same in mind, a session on Yoga was organized in the institute premises on 11th October 2014 wherein the students and teachers participated with great enthusiasm. Students demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken, and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas and speech by our Principal. He encouraged students to practice regular yoga to remain fit and improve concentration.

Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.





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