



## **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 SESSION IN INSTITUTION-2014**

Yoga session was held in the college on 13th November, 2014 in the campus between 9:30 A.M. to 11.30 A.M. Nearly 50 students and 30 faculty members have participated in this programme. Programme officers of NSS Unit had jointly organized this session under the expertise of Yoga instructor, Mr. Mukesh Kumar.

Yoga Kriya's were performed by all the participants. This was followed by discussion with participants who put forth health issues like blood pressure, joint pains and spondylitis. They were suggested specific asana's for relieving pain and enhance their wellbeing.

The session was very informative, and it ended with vote of thanks by the Director, Dr. N. Malati to the Yoga Expert and all the participants.



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