



## DELHI INSTITUTE OF ADVANCED STUDIES

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

(NAAC Accredited 'A' Grade Institute)

(Approved by AICTE & Affiliated with GGSIP University for B.Com(H), BBA & MBA Programmes)

(An ISO 9001:2015 Certified Institution)

### INTERNATIONAL YOGA DAY

The Institute celebrated fourth International Yoga Day. All Faculty, Student and Staff members participated enthusiastically in the Yoga Day celebration. The session comprised of:

- Information on various important Yoga Kriya & postures.
- Live demonstration by Yoga Expert followed by participants performing Yoga Kriya.
- Views of participants on the benefits of Yoga.

Mr. Dharampal, a well known Yoga Instructor, talked about the benefits of Yoga for a healthy living. He discussed about specific Aasanass to reduce stress, weight, bac ache, sleep disorders etc.

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 aasana's for reliving pain and enhance their well being.

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.

A video of the same is uploaded on youtube channel of the institute: <https://youtu.be/Qoycphqg8BY>





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