



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)

SESSION ON “ROLE OF YOGA IN LIFE’ AT GGSIPU

“Role of Yoga in Life”

To the occasion of World Health Day (7 April), a lecture was organised on 17th April, 2018 from 3-5 PM on the title, “Role of YOGA in One’s Life” in the Community Hall, Main Campus, GGSIPU, Dwarka.

The talk was delivered by Dr. Ramesh Kumar, President, Adhyatma Yoga Sansthan, New Delhi.

In today’s chaotic life yoga is the need of the hour. The talk highlighted the fact that yoga is not a religion, but it is a way of living that aims towards a healthy mind in a healthy body.

The members of the sansthan demonstrated some yoga exercises and explained the importance and relevance of each and every exercise which will help in maintaining good balance among physical, mental & spiritual well being of oneself.



They also engaged the audience in the yoga and make them do the simple exercise by also telling their advantages in our daily life.

