



**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



**REPORT
On
5th INTERNATIONAL DAY OF YOGA**

NSS volunteers of Indraprastha College for women participated in various programmes organised at University and College level to celebrate the 5th International Day of Yoga. At University level it was a two days event organised by the NSS centre in which four volunteers from our unit participated. The event was held at Gandhi Bhawan on 20th and 21st June 2019 from 7 to 8am. Students and staff from all over the University took part in it. On 20th June 2019, the participants rehearsed yoga for an hour.

On 21st June 2019, the 5th International Day of Yoga was celebrated with active participation of NSS and NCC volunteers and faculty and staff members from the University of Delhi. The vice chancellor of the University of Delhi, Professor Yogesh Kumar Tyagi, was the chief guest of the event. The event started with the NSS song which was followed by the wonderful display of the yoga skills by the participants for an hour. The chief guest addressed the gathering and delivered a message highlighting the importance of yoga in life. The achievers were honoured with certificates. The event ended up with the distribution of light refreshments to the participants.

Yoga day was celebrated with great enthusiasm in our College as well. Students, teachers and the non-teaching staff participated in the programme. The event started with a welcome speech by the sports coordinator Dr. Seema singh followed by a speech by the Principal, Dr. Babli Moitra Saraf, which included the announcement that a 'Yoga Centre' will be inaugurated in the College to facilitate the staff and the students to practice yoga skills regularly. This was followed by the demonstration of yoga skills by the college yoga team and the participants from 7:30 to 8:30am. Four NSS volunteers participated in the programme. The Yoga session was conducted by yoga instructor Ms. Alee Fatima. The event ended up with the distribution of light refreshments to the participants

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Attached here with are some of the pictures from the events:

NSS VOLUNTEERS AT GANDHI BHAWAN

