

## **Celebrations of International Yoga Day held at Aggarwal College Ballabgarh on 21st June, 2022**

Celebrations of International Yoga Day were organised at Aggarwal College Ballabgarh by Samarpan Yoga Club of the college on 21st June, 2022. The event was a success as all the Teaching, Non-Teaching faculty, students from various clubs and fora like NSS, NCC, Red Ribbon Club, Youth Red Cross, Swaachhta Senani Club, Sustainable Development Goals Club etc. took part in it. These students had practiced for 2 months to perform various yoga aasans. The Chief Guest of the event was Sh.Devender Kumar Gupta, President Governing Body, Aggarwal Vidya Pracharini Sabha who spoke about various benefits of yoga for overall holistic development of mind, body and soul. He congratulated the college for its efforts to organise such events from time to time in sync with Government of India initiatives. The Samarpan Yoga Team under the convenorship of Dr. Naresh Kamra, was also presented with certificates by the respected Chief Guest Mr.Devender Kumar Gupta and honorable Principal Dr. Krishan Kant Gupta for securing second position at Inter College Yoga Competition. The Yoga trainer of the event was Mr. Shyam Kumar who made the participants do various Yoga Aasans ranging from Tadasana, Vrikshasana, Dandasana, Ushtrasana, Makarasana, Kapalbhathi, Bhramari, Pranayam and also spoke about the advantages of every yoga aasan like improved blood circulation, weight loss, good digestion as well as correct postures of many participants were highlighted. The event was organised under the able guidance of Principal Dr. Krishan Kant Gupta who cited Yoga as one of the major activities which can rejuvenate and fill body with new vigor and energy. The event saw active participation of 600 stakeholders of the college. Aggarwal College Ballabgarh has also done well in the field of Yoga at various national and international levels and also has Guinness World Record to its name.