

## International Yoga Day celebrated in Aggarwal College

International Yoga Day was celebrated on 21-06-2023 by Yoga Samrpan Club of Aggarwal College Ballabgarh. International Yoga Day is celebrated every year in the college under the guidance of College Principal Dr. Krishna Kant Gupta. The main objective of this program was to contribute towards realizing the dream of a healthy and safe India of the Honorable Prime Minister Shri Narendra Modi. In an effort to maintain the series of new paradigms created on the occasion of International Yoga Day every year, this year the ninth International Yoga Day was celebrated on the theme of "Vasudhaiva Kutumbakam". The program started with the chanting of Om and Gayatri Mantra. After that, under the supervision of yoga instructor Mr. Shyam Kumar, all the senior faculty members, teaching and non-teaching staff alongwith students of the college practiced Pranayama and yoga for about an hour. Sh. Shyam Kumar explained in detail the virtues of yoga while performing yoga and pranayama. Program Patron and the college Principal Dr. Krishan Kant congratulated the yoga team of the college consisting of B.Com. third year students Raju, Ankit, Jatin, B.A. first year student Manisha, B.Com. First year student Sheetal and B.Com. second year student Anishka, which got second position and cash amount of Rs. 7100/- in University Level Yoga Competition organized by M.D.University Rohtak on 20.06.2023 . Principal of the college also congratulated Yoga instructor Mr. Shyam Kumar and members of Samrpan Yog Club and gave wishes to all on the occasion of ninth International Yoga Day. The coordinator of Samrpan Yog Club, Dr. Naresh Kamra, stating the achievements of the yoga team of the college, said that yoga is an essential part of our daily life. If we remain healthy then only we will be able to do any work properly. Therefore, yoga must be adopted in our daily life. In this program, the students of Yoga Club mesmerized everyone by performing yoga. Dr. Sanjeev Gupta (Incharge of Self Finance Wing), Dr. Jaipal Singh (Coordinator YRC and RRC), Dr. Ashok Nirala, Dr. Ritu, Dr. Praveen Gupta, Dr. Sachin Garg, Mr. Manmohan Singla (Deputy Superintendent), Dr. Jagveer Singh (DPE) and Mr. Mohit Hooda (DPE) were specially present in this program. This program proved meaningful and successful with the active participation of all the teaching and non-teaching staff, students and volunteers of NSS, YRC, RRC etc. The program ended with the vote of thanks by the program coordinator Dr. Naresh Kamra.