

Celebration of 10th International Yoga Day held at Aggarwal College Ballabgarh on 21st June, 2024

Celebration of International Yoga Day were organized at Aggarwal College Ballabgarh on 21st June, 2024 under Samarpan Yoga Club of the college. 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, St.Johns Ambulance Club etc. took part in it. The Chief Guest of the event was Sh. Devender Kumar Gupta, President Governing Body, Aggarwal College Ballabgarh who spoke about various benefits of yoga for holistic development of mind, soul and body. He added that it is a comprehensive practice that promotes overall health and harmony. He congratulated the college for its efforts to organize such events from time to time in sync with Government of India initiatives Sh. Dinesh Gupta, General Secretary of the college also graced the occasion. The participants did various Yoga Aasans under trainers Mr. Shyam and Ms. Pooja Arora. These aasanas ranged from Tadasana, Vrikshasana, Dandasana, Ushtrasana, Makarasana, Kapalbhathi, Bhramari, Pranayam which are advantageous for improved blood circulation, weight loss, good digestion as well as correct postures of many participants were highlighted. . The event saw active participation of all stakeholders of the college. The theme of International Yoga Day 2024 is “Yoga for Self and Society,” This subject emphasised the double benefits of yoga practice: enhancing personal well-being and improving society at large. The event was organized under the able guidance of acting Principal Dr. Sanjeev Gupta who cited the benefits of Yoga and highlighted how Aggarwal College Ballabgarh has also done well in the field of Yoga at various national and international levels.