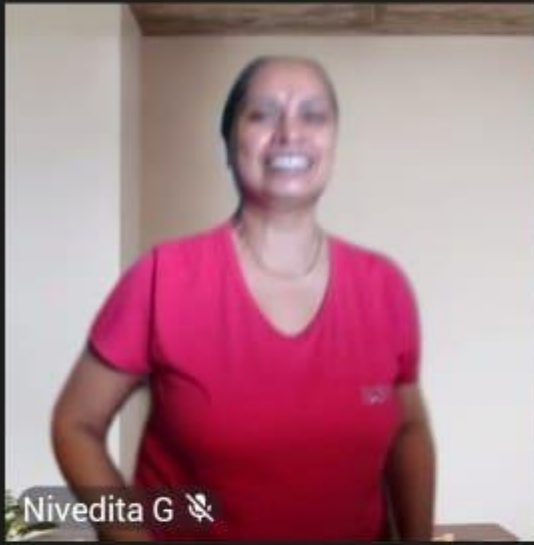


Report on 7th International Yoga Day Celebration - Kalindi College

The Second wave of Covid 19 pandemic shook India up and made us relive the horrors of personal losses resulting in trauma, affecting our psyche and disorienting us to a large extent. Kalindi College, Delhi University made an attempt to battle this situation by coming up with a novel idea of organizing early morning yoga classes for its staff and students to help them reenergize their soul through personal fitness. The classes kickstarted on 29th April 2021 under the guidance of Dr. Naina Hasija, Principal, Kalindi College and were conducted by Dr. Sunita Sharma, Director- Department of Physical Education, Kalindi College. The Teaching/Non-teaching staff and students of the College benefitted from these rejuvenating and invigorating sessions to such a great extent that a 7- day workshop titled *Swasthya hi Sampada- Health is Wealth* from 25th May to 31st May was envisioned under the Convenorship of Dr. Nivedita Giri of NCWEB, Kalindi College center, to extend its outreach to all students, staff and their families across Delhi University.

The tremendous marathon of such sessions led to the conception of yet another workshop, this time a 21-day one from 1st June to 21st June 2021 titled *Integrating Mind, Body and Soul* organized by Dr. Renu Bala and Convened by Dr. Sunita Sharma. The unique feature of this workshop was the immense popularity that it garnered right from its inception with word spreading and online participation coming in from the various parts of the country like Rewa, Himachal Pradesh, Haryana, Uttar Pradesh, Bangalore, Kolkata and even international participation with people joining in from the US and Bhutan . It has now become a socially inclusive platform where people of all age groups, with myriad health concerns are joining and availing of the benefits of a holistic yoga session. More than 1200 participants registered for this Yoga workshop from all segments of the society and different field. **Today, on 21st June 2021, 7th International Yoga Day was celebrated in virtual mode along with all the participants of this Yoga workshop.** It was attended by many prominent professors, scientists, directors and teachers and students from many colleges of Delhi and other universities. Dr. Rajni Nagpal, Chairperson, Governing body, Kalindi College was the chief guest of this occasion. The workshop and the International Yoga Day celebration were ended with a huge success under the supervision of Dr. Naina Hasija, Principal, Kalindi College.



Nivedita G



suneeta (Guest)



Dr S (Guest)



Dr H



Manju L



Manisha K



YOJITMAHA...



JAGDISH



Anjani S



hkr-chqi-fza



Puran Chand



Ss



Renu



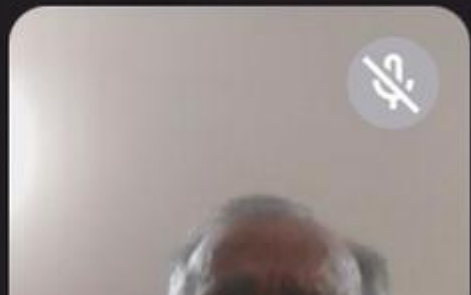
VIVEK



Rajni



Shalini



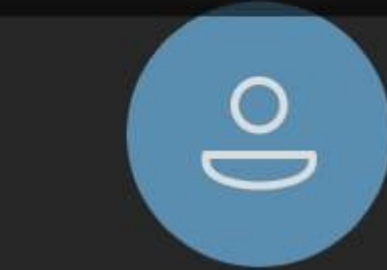
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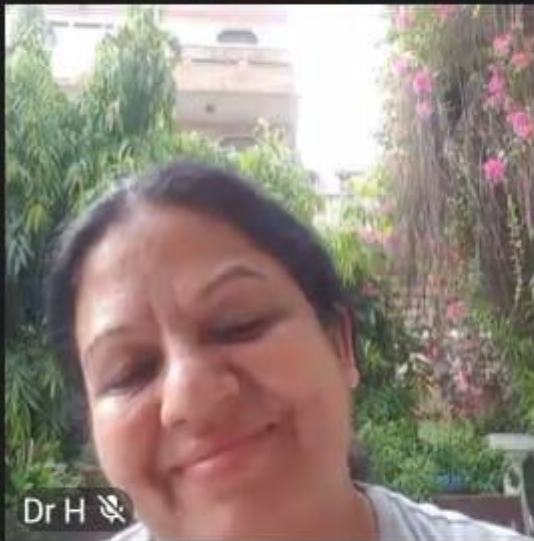
Meeting
01:07:25 51 attendees



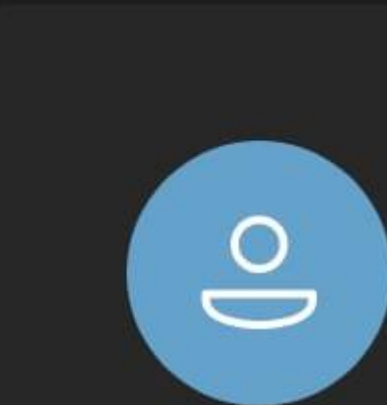
Nivedita G



SS



Dr H



drvinod



SWETA



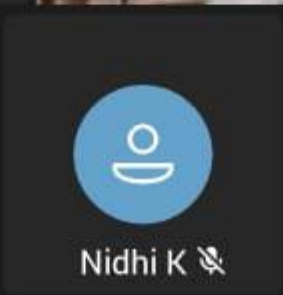
Dr S (Guest)



Sajid I

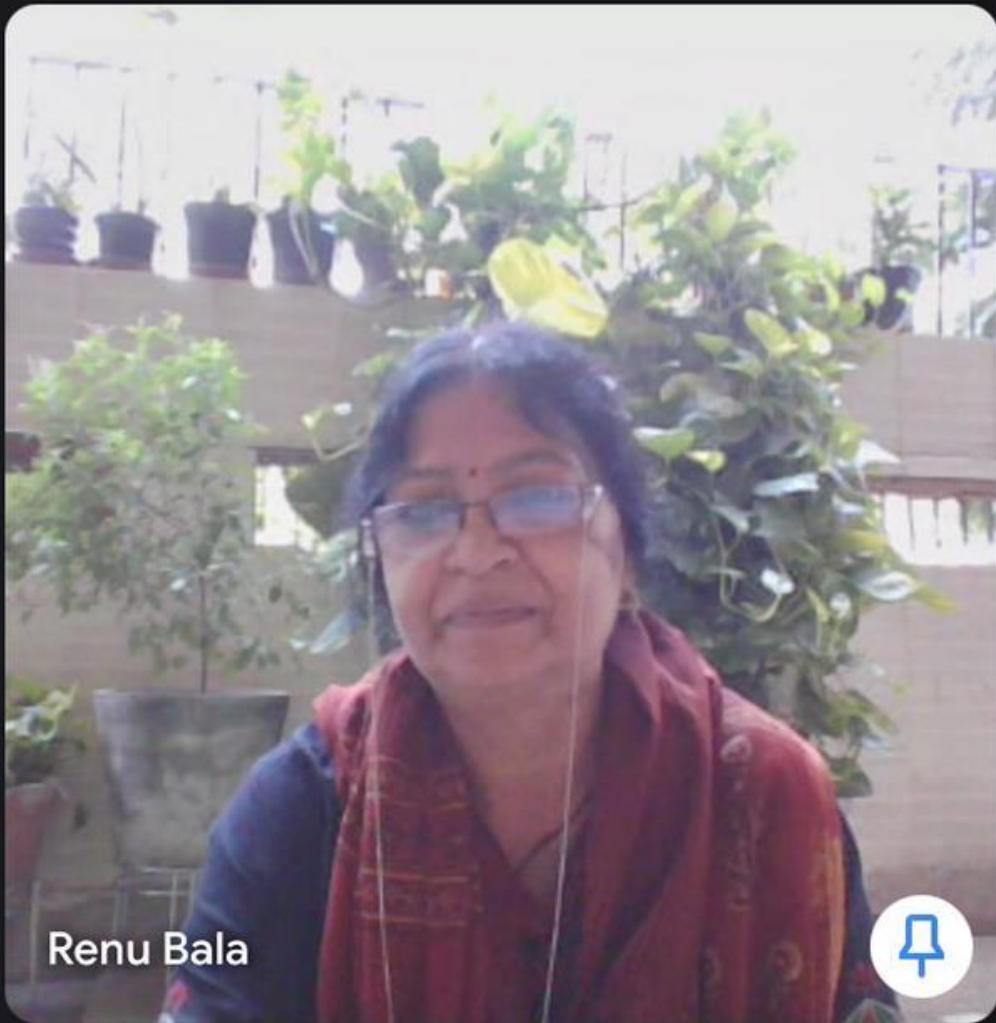


Dr. M



Nidhi K





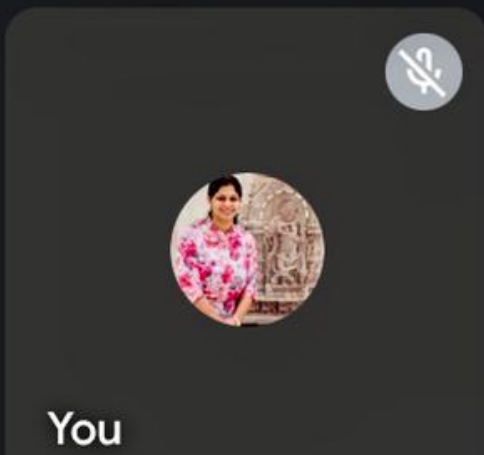
Renu Bala



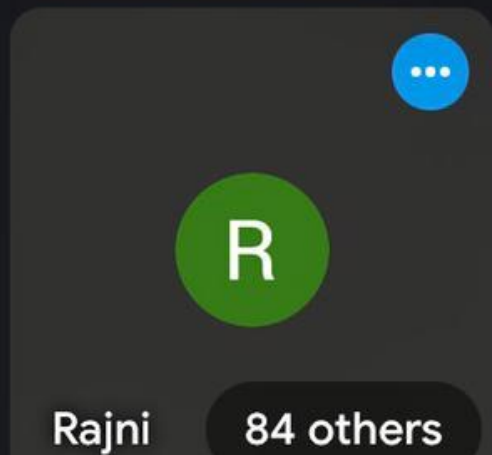
Ss



Puran Chand



You

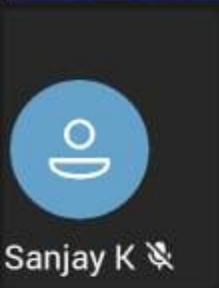
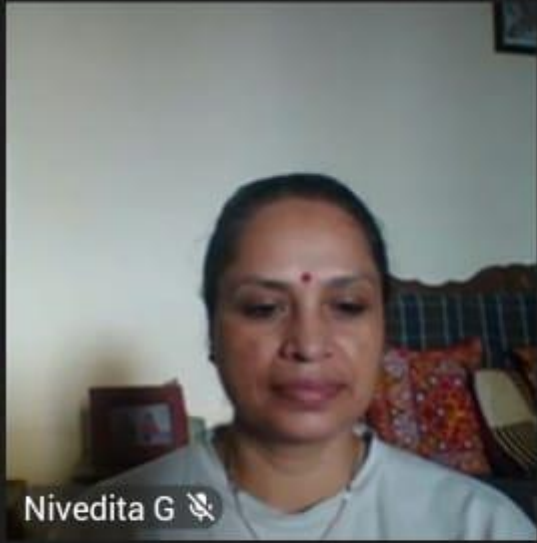


Rajni

84 others

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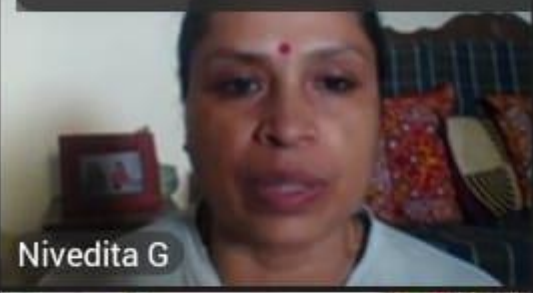
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Meeting
01:07:21 51 attendees



Someone started recording



Nivedita G

SS



Dr H

drvinod



SWETA



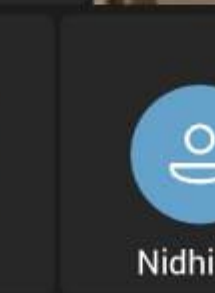
Dr S (Guest)



Sajid I



Dr. M



Nidhi K





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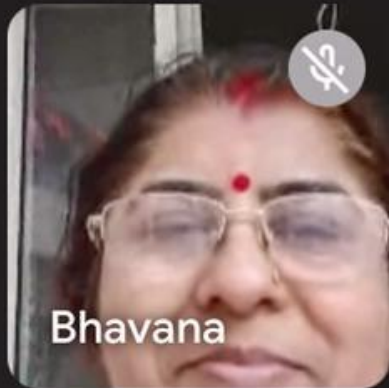
VIVEK



Renu



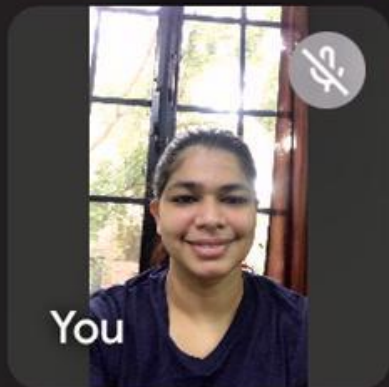
Manju



Bhavana



Geeta



You



rar 63 others

