

21.06.2018

4th International Yoga Day Programme

At the initiative of the Principal, Dr. Namita Rajput , Sri Aurobindo College (Evening) organized Yoga Day Program from 1pm to 3pm for the college fraternity . It was facilitated by Yoga Veeras trained by Isha Foundation , a humanitarian , non- profit organization founded by Sadhguru Jaggi Vasudev . The chief guest of the program was Mr. Som Nath Bharti , an activist and 'AAP' member of Delhi Legislative Assembly from Malviya Nagar constituency.

Yog Veeras Ms. Isha and Ms. Vaishnavi facilitated the program , which included Upa-Yoga ,Yoga for health , success and other practices for impacting human consciousness very profoundly .

Dr. Vibha Batra , Associate Professor, Department of Commerce ably took charge of the event as the Convenor , Yoga Day . Certificate of excellence were given to the facilitators by the chief guest.

The program concluded with inspiring words by the Principal , Dr. Namita Rajput .