

**International Yoga Day**  
Sanskrit Parishad *Shreyas*,  
Daulat Ram College, University of Delhi  
In association with  
Akhil Bhartiya Khel Gatividhi , Delhi prant

Sanskrit Parishad *Shreyas*, Daulat Ram College, University of Delhi in collaboration with Akhil Bhartiya Khel Gatividhi, Delhi Prant has celebrated International Yoga Day on 21<sup>st</sup> June 2023 in the gracious presence of Padmashri Awardee Acharya Dr. Sukuma Ji , Shri Pradeep Shekhawat Ji, All India Sports Activities In-charge (ABVP) , International Yog Guru Shri Randev Ji and Daulat Ram College' Principal Prof. Savita Roy. More than 250 students, faculty members and non-teaching staff have participated in the programme. Yog Guru Shri Randev taught very important and useful yogasnas in life. Prof. Savita Roy and Shri Pradeep Shekhawat have emphasized that Yoga is a prime contributor to dwelling happiness, peace and constant flow of positivity for blissful living.

Acharya Dr. Sukuma Ji shared that by doing yoga, not only the body becomes pure, but the spiritual and social environment will be also excellent. The whole world has physical happiness, and prosperity but no peace. In search of that peace, everyone is approaching Yoga. If India imbibes its ancient knowledge traditions, then India can again become a Vishwaguru and a golden bird. In this event T-Shirt (having the logo of IYD and DRC G20) has also been inaugurated by the distinguished guests. The programme ended with a vote of thanks by Dr. Shashi Sharma, Assistant Professor, Sanskrit Department, Daulat Ram College. After the programme, The hon' ble guests visited the library and a copy of College Annual Report and college magazine were gifted to all.

**Few glimpses of the successful programme**





## Talk

Sanskrit Parishad shreyash, Daulat Ram College, University of delhi organised a talk on "जन संवाद : भारतीय संस्कृति – युवाओं की भागीदारी" on 10<sup>th</sup> July 2023. The speaker for this interactive session was Padmavibhushan Awardee , Rajyashabha Sansad Dr. Sonal Mansingh Ji . More than 100 students, Faculty members have participated in this session. Welcome speech delivered by honourable Principal Prof. Savita Roy. She has expressed that Sonal Man Singh is very experienced person in her life and many fields like-dance, politics as well so today we are fortunate and curious that we will get to learn a lot from her personal experience.

Dr. Sonal Mansingh highlighted the importance of Namaste and Guru. she has explained that Namah means to bow down and the word Te is associated with that supreme reality. So we should do Namaste with great respect and proper manner. she also shared the various aspects of her personal life and told that three E's are very important in life, they are - entertainment, education and enlightenment. At the same time, she also emphasized on rules, simplicity and discipline. She explained that Indian culture does not mean antiquity but it's good coordination of antiquity and modernity.

She emphasized that as we all know that women are the backbone for a progressive country. The women empowerment is taking place in today's India which has given an opportunities to the women to shine and grow up. Today we should be proud that girls are ahead of boys and they can fly Rafael, can go to army,defence can join NDA,Space science every field is open for them today.

The entire session interactive with students and faculty members. The programme ended with a vote of thanks by Dr. Shashi Sharma, Assistant Professor, Sanskrit Department, Daulat Ram College. After the programme, The hon' ble guests visited the.

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