



**DEPARTMENT OF STATISTICS
FACULTY OF MATHEMATICAL SCIENCES
UNIVERSITY OF DELHI
DELHI-110007**



INTERNATIONAL YOGA DAY

Date: 21st June, 2023

Location: Satyakam Bhavan Lawns

On the occasion of International Yoga Day, the Heritage Club, Department of Statistics, University of Delhi, in collaboration with the Department of Computer Science, University of Delhi, successfully organised a yoga event.

The event commenced with an introduction to International Yoga Day and its significance and a warm welcome speech to honour the esteemed guests, including Ms. Prachi Sirohi, an accomplished yoga instructor; Prof. Naveen Kumar, Head of the Department of Computer Science and Dean, Faculty of Mathematical Sciences; Prof. Ranjita Pandey; and other esteemed professors.

Professor Naveen addressed the audience, acknowledging the intrinsic value of yoga and its profound impact on individuals and society as a whole. Ms. Prachi Sirohi led the event and guided the attendees through various asanas and exercises. She skillfully demonstrated each pose, providing clear instructions on proper alignment and breathing techniques.

As the session progressed, the participants became more relaxed and rejuvenated, experiencing firsthand the transformative effects of yoga. The event served as a reminder of the significance of incorporating yoga into our daily routines, enabling us to lead more balanced and fulfilling lives.







