



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



INTERNATIONAL YOGA DAY: FOSTERING WELLNESS AND UNITY IN OUR DEPARTMENT

Date: 21st June, 2022

Location: Department Premises

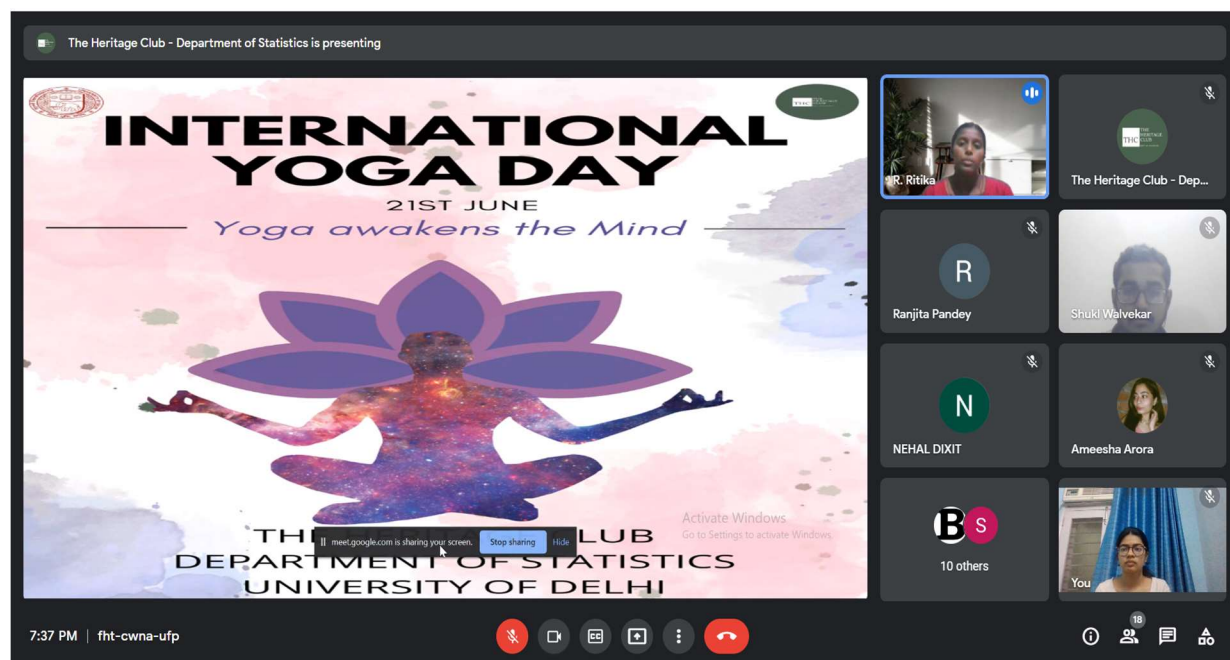
On June 21, 2022, the Department of Statistics enthusiastically celebrated 'International Yoga Day' under Azadi ka Amrit Mahotsav with a virtual event organized by The Heritage Club, held via Google Meet.

The event commenced with an introduction to International Yoga Day, followed by a warm welcome speech. Prof. Ranjita Panday, our respected ma'am, graced the occasion and addressed all the participants, emphasizing the significance of yoga in our daily lives. She passionately encouraged students to incorporate regular yoga practice into their routines to maintain physical and mental well-being. The atmosphere became even more vibrant with the conduct of an engaging quiz round, which heightened the enthusiasm among the participants.

A captivating yoga demonstration was presented by Ms. R. Ritika, showcasing various yoga asanas. The students actively participated in performing Surya Namaskar and Beginner warm-up exercises under the expert guidance of the instructor. The session allowed everyone to experience the benefits of yoga firsthand and left a lasting impression on the importance of embracing this ancient practice for holistic development.


With a sense of gratitude and appreciation, the event concluded with a heartfelt vote of thanks, acknowledging all those who contributed to the success of the celebration.

The participation reflected the spirit of unity and enthusiasm that prevailed throughout the International Yoga Day celebration.



Shuki Walvekar is presenting

Yoga Day 2022 - Google Drive




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The Heritage Club - Dep...
Shuki Walvekar
Ranjita Pandey
R. Ritika
Debapriya Biswas
Mayank Sehgal
13 others
You

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