



**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 2024

Location: Google Meet

Time: 8 A.M. onwards

With an aim to promote the practice of yoga and its benefits for physical and mental well-being, The Heritage Club organized a virtual event on the occasion of International Yoga Day.

The event commenced with the esteemed presence of our chief guest and instructor, Ms. Prachi Sirohi. She guided the participants throughout the session with her expertise and knowledge.

The session began with the chanting of the Gayatri Mantra, creating a serene and spiritual atmosphere. This was followed by a series of mobility exercises to prepare the body for yoga asanas like Tadasana (Mountain Pose), which is known for improving posture and balance. Participants then engaged in Vrikshasana (Tree Pose), which enhances concentration and strengthens the legs and spine and many other yoga poses.

After the asanas, the session progressed to stretching exercises, aimed at relieving muscle tension and increasing flexibility. The event concluded with a relaxing meditation session, allowing participants to unwind and connect with their inner selves.

Ms. Sirohi also took the opportunity to motivate the attendees to incorporate yoga into their daily routines. She emphasized the numerous benefits of regular yoga practice, including stress reduction, improved physical health, and enhanced mental clarity.

Overall, the Yoga Day event was a resounding success, inspiring many to embrace yoga as a vital part of their lifestyle.

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Participants: The Heritage Club - Departmen..., Anjali Jain, Dreamlee Sharma, Dr. Manoj Kumar, Suman Jaiswal, Prachi siroh, Ishaan Chawla, 5 others, Himanshu Srivastava

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Participants: The Heritage Club - Departmen..., Anjali Jain, Dreamlee Sharma, Dr. Manoj Kumar, Suman Jaiswal, Prachi siroh, Sumit Kumar, 5 others, Himanshu Srivastava

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