



**Dr. Bhim Rao Ambedkar College
(University of Delhi)**

**Celebrates
अंतर्राष्ट्रीय योग दिवस**

**International Day of Yoga
on 21st June, 2021**

**Theme of 2021
"Be With Yoga, Be At Home."**

**Dr. Sangeeta Sharma
Convenor, Yoga Committee**

**Ms. Rita Mathew Benjamin
Chairperson, Governing Body**

**Dr. G.K Arora
Principal**

PRINCIPAL'S MESSAGE

International Day of Yoga



Celebrating 7th International Day of Yoga on 21st June 2021 reminds us of the Prime Minister of India's address given in the 69th session of UNGA (September 27, 2014). He urged the world community to adopt an International Day of Yoga (IDY), while highlighting, "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day". Thus, on December 11, 2014, UNGA approved this proposal by consensus to establish 21st June as "International Day of Yoga". The UNGA explicitly recognized that Yoga and Yogic practices provide a holistic approach to health and well-being and facilitates harmony in life by preventing diseases, promoting healthy living and managing lifestyle-related disorders, better coordination of body & mind coordination and emotional equanimity.

In this backdrop, the Govt. of India decided to take forward this momentum created earlier by involving educational and other institutions for promoting programmes, discourses, lectures etc. by Yoga experts. The largest Yoga class on single location and most nationalities in a yoga lesson are now two new Guinness World Records. The last year's theme was Yoga at Home and Yoga with family, which was celebrated following the Covid 19 related norms. This year's central message is, "Be with Yoga, Be at home". It is to be spread around with care and cautious approach in line with the protocols of Covid-19 appropriate behaviour and the required norms.

The College Yoga Committee led by Dr. Sangeeta Sharma and her team has been working with the motto "Health is real Wealth". It actively promotes Yoga as an essential part of life, and has been organizing free of cost voluntary Yoga sessions for students every day in the morning hours in the College premises. Students are encouraged to adopt Yogic practices in routine life. They showcased a special 10 minute Musical Yoga performance in the College annual festival "Chetna". The College created a Yoga and Meditation Hut along with Reflexology Path for bringing students more close to the Nature. This was widely appreciated and also reported by the print and social media.

On the occasion of IDY, I thank and congratulate the organising Committee led by Dr. Sangeeta Sharma, Dr. Rajbala Gauttam, Dr. Anuradha Tyagi and their teams including faculty, staff and students, yoga experts and others.

Best Wishes,

Dr. G. K. Arora, June 2021



Dr. BHIM RAO AMBEDKAR COLLEGE

Dr. Bhim Rao Ambedkar College, a co-educational College of University of Delhi was established in 1991 by GNCTD. The College with the total student strength of about 3100 (girl students in good number) runs a number of professional and honours courses in addition to B. Com and B.A. (Programme). It also functions as one of the study centers for the School of Open Learning (SOL), Non- Collegiate Women's Education Board (NCWEB), University of Delhi and Rajiv Gandhi National Institute of Youth Development (Tamil Nadu). Besides, the college has been designated as one of the WUS Centers to meet the healthcare needs of University and College Staff and students. The College continues to be one of the 20 Earthquake Strong Ground Motion Stations in Delhi for recording and monitoring earthquakes in Delhi under the project jointly handled by Director of Seisinology Division (DST) - DU - IIT(Roorkee).

The College motto, 'Atto Deepo Bhava', meaning 'Be your own light' motivates us to always work hard with dedication and integrity to enlighten ourselves and contribute to society's welfare. We derive inspiration from the life, teachings and mission of Baba Saheb, who worked constantly hard throughout his life for the welfare of the weaker section and nation building.

The College provides ample opportunity to students to mingle together in academics, research, and other extra-curricular activities including sports, culture, NCC, NSS to suit their interests. Their participation in such activities helps inculcating the spirit of team work, mutual respect, discipline and social responsibility towards both college and community development. This college is known for its nature-care and eco-friendly initiative. It's Rose & Herbal Gardens, Paper Recycling Unit and Solar Water Heater etc. are unique steps for conservation of natural resources. The role of our students has always been admirable.

The College has embarked on the path of new frontiers of knowledge and institution building, despite many odds. The infrastructure facilities including College library, access to E-resources, playground, canteen, auditorium and I.T. enabled Wi-Fi, CCTV surveillance, open gym and Computer Labs are second to none. You will feel happy that our students' creativity facilitated by the staff and reflected in our administrative practices. This has been appreciated by the University, and college was awarded Vice-Chancellor's Commendation in 'Antardhwani' 2015. The college was awarded NAAC B+ in 2017. The college invites distinguished experts, conducts workshops provides free coaching classes for entry to job and organizes industrial visits and village tours to update students' knowledge and create awareness about the ground realities of life.

Yoga Committee

(Convener, Dr. Sangeeta Sharma)

The committee was constituted in October 2015 with the motto "health is real wealth In order to fulfill the objective of making students healthy and lead a stress free life, the committee actively promotes and inculcates the importance of making yoga as an essential part of life. The Committee comprised of 18 faculty members and students.

- The most important step of the committee in achieving its objective has been in organizing free of cost voluntary yoga sessions for students everyday from 7:45am to 8:45am in the college premises under a trained yoga instructor from the BharatiyaYog Sansthan.

- To enhance participation and encourage regularity, the committee organizes a monthly felicitation program that rewards students who are regular and have embraced yoga as part of their life. This felicitation program is conducted regularly in the first week of every month and the students are given appreciation letters and symbolic prizes by the committee.

The committee, in its endeavour to contribute to the mission of making a healthy India celebrated the International Day of Yoga on 21st June 2015 by organising a mega yoga event in its premises. This event included a spectacular yoga performance by more than 450 NCC cadets from various DU Colleges and schools and was attended by eminent personalities. The event was covered by the Rajya Sabha channel on same day.

This practice was followed in 2016 also and the second International Day of Yoga was celebrated on 21st June 2016 in the college premises with students and faculty members performing various yoga asana.

To popularize yoga among students the yoga committee, in collaboration with Samyog foundation conducts yoga workshops on regular basis in college premises.

The annual festival of college, Chetna 2016 and 2017 showcased a special 10 minutes musical yoga performance by our students.

21st June 2017, the third International Day of Yoga was celebrated with equal enthusiasm. More than 150 students from the college participated in practice sessions that begun from 17/6/2017 in the college. The event was covered by the city T.V channel and put on youtube showcasing the programme.

On 21st June 2018, the fourth International Yoga Day was celebrated.

Recently, a workshop on the importance of Yoga. "Aadhunik Jeevan me Yog Ka Mahatva" has been organized on 16th April 2019. The workshop was attended by a large no. of students and faculty members.

On 21st June 2019, the fifth International Yoga Day was celebrated in college campus.

On 21st June 2020, International Yoga Day was celebrated virtually.

13 students of our college participated in MY LIFE MY YOGA- Video Blogging Contest by Ministry of Ayush, Government of India.



Program Schedule for International Day of Yoga celebration, 21st June, 2021

Date	Event	Venue	Time
17,18, 19, 20 June	Yoga Practice	Virtual Platform (Google Meet)	7.00 a.m. to 8.15 a.m.
21 June	Celebration of Yoga Day	Virtual Platform	7.00 a.m. to 8.30 a.m. (As per Ministry of Ayush Protocol)

Organizing Committee

Dr. Sangeeta Sharma

Dr. Rajbir Vats

Dr. Anuradha Tyagi

Dr. Neha Sharma

Ms. Ritu Sharma

Dr. Yogesh Murariya

Late Dr. D. K Pandeya

Dr. K.K. Sharma

Dr. Sunita Sharma

Dr. Priyanka Saini

Dr. Rohit Srivastav

Dr. Anil Kumar

Mr. Sanjeev Kumar

Dr. Arvind Kumar

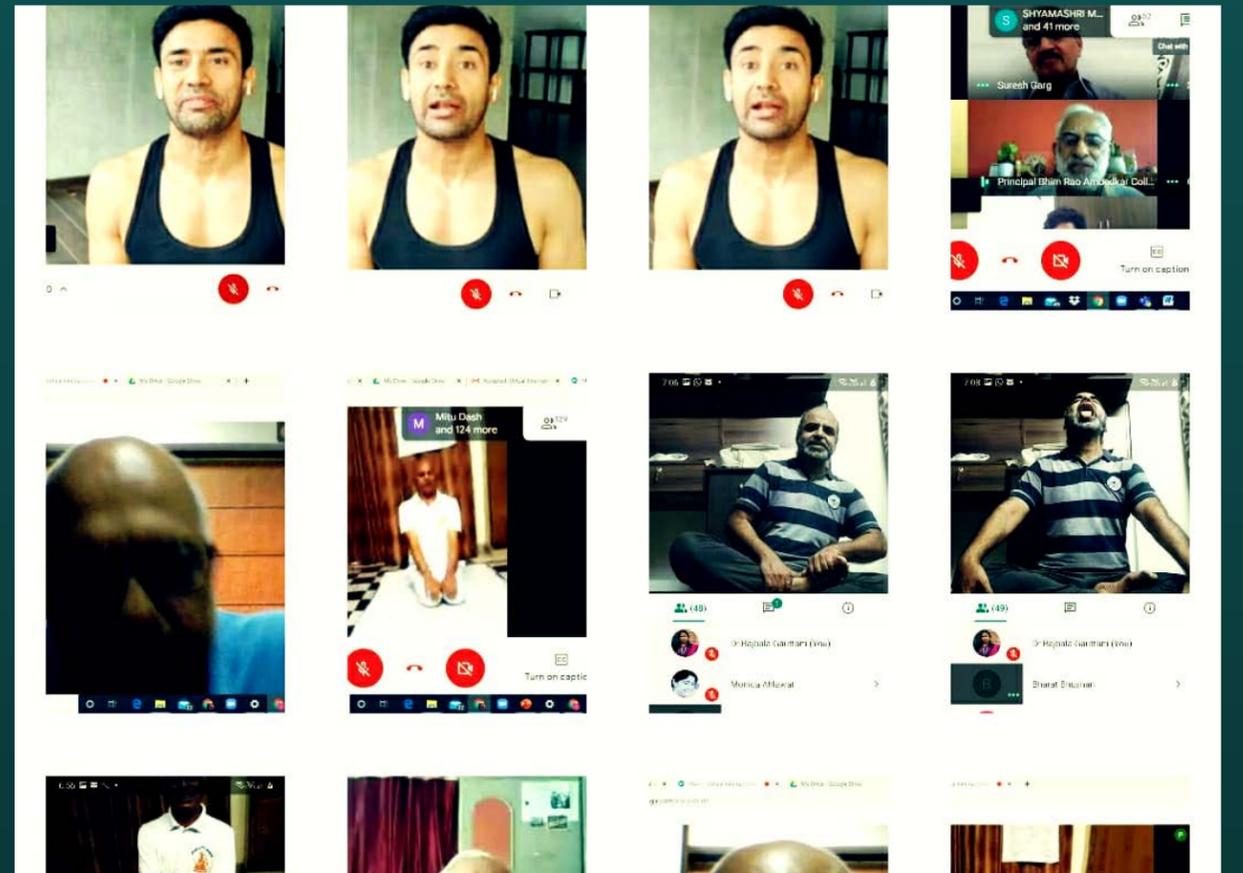
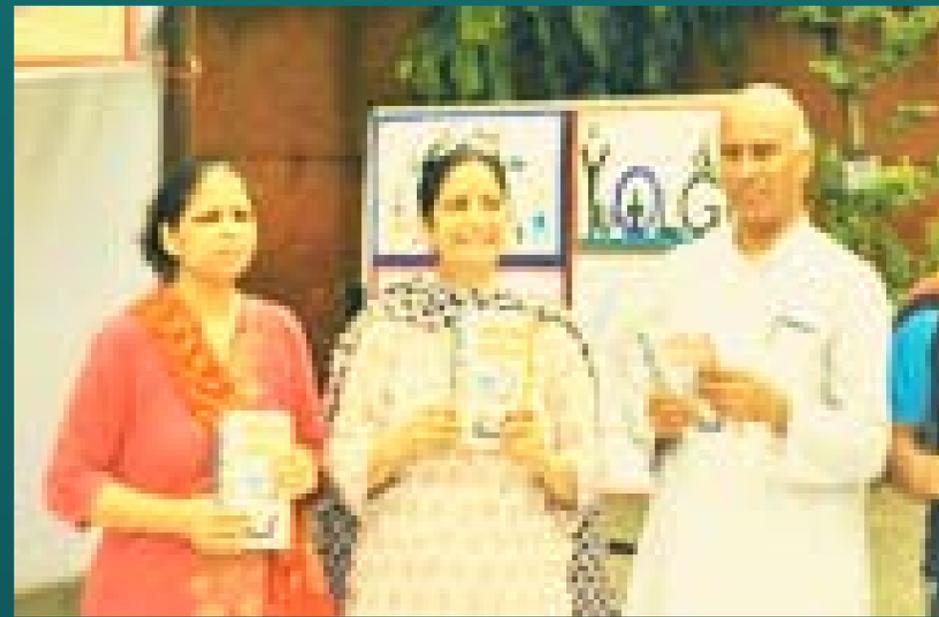
Dr. Rajbala Gauttam

Dr. Ritu Aggarwal

Dr. Mitu Dash

Mr. Tusher

Dr. Kumar Satyam



Zoom Meeting Link for IDY, 21st June, 2021

<https://us02web.zoom.us/j/89629556009?pwd=Mm9NQ2pRQkR6eEFMMWhUOXVScTdYUT09>

Meeting ID: 896 2955 6009

Passcode: 853067



DR. BHIM RAO AMBEDKAR COLLEGE

(University of Delhi)

Main Wazirabad Road, Yamuna Vihar, Delhi-110094, Phones: 22814126, Telefax: 22814747
Email: info@drbramedkarcollege.ac.in; bramedkarcollege.du@gmail.com;
principal@drbramedkarcollege.ac.in; Website: www.drbramedkarcollege.ac.in



Ref.No. BRAC/OP//

Dated:20-06-2021

VIRTUAL INTERNATIONAL YOGA DAY CELEBRATION
ON
21 JUNE, 2021

PROGRAMME SCHEDULE

Time schedule(IST) 6:55 a.m. to 7:00 a.m.	Prayer by students
7:00 a.m. to 7:45 a.m.	-Yoga Aasans as per Ministry of AYUSH Protocol -Shanti Patth
7:45 a.m.to 8:15 a.m.	-Welcome of Guests -Address by: <ul style="list-style-type: none">➤ Convenor - Yoga Committee➤ Principal➤ Chairperson➤ Chief Guest➤ Guest of Honour
8:15 a.m.to8:30 a.m.	-Glimpse of Yoga Activities Performed by Students -Sharing of Yoga Experience by Students -Announcement and distribution of E-certificate
8:30 a.m. onwards	-Vote of Thanks -National Anthem

Join Zoom Meeting Link:

<https://us02web.zoom.us/j/89629556009?pwd=Mm9NQ2pRQkY6eEFMMWhUOXVSaTdYUT09>

Meeting ID: 896 2955 6009

Passcode: 853067