

International Day of Yoga 2021 - activities

S.No	College	Activity	Date & Time
1	ACHARYA NARENDRA DEV COLLEGE	Workshop-7days - Yoga for Health and Wellness	14-21 june 21 3pm
2	ATMA RAM SANATAM DHARMA COLLEGE	Yoga Dance Session; Medtation and breath work; Need of Spirituality in Today's Era;Yoga at home and yoga with family; Importance of aerobics & strength training; Zumba- recharge for fitness; Integrating fitness into everyday life;	14- 20 june 21 9 am
3	ARYABHATTA COLLEGE	Workshop-Karo yog raho nirog	21-27 june 21 7am
4	BHASKARACHARYA COLLEGE OF APPLIED SCIENCES	Yoga sessions- Yoga for everyone; SURYATHON	21.6.21 9-10 am; 15-30 June 2021
5	BHAGINI NIVEDITA COLLEGE	Webinar- Practice of Yoga for Mental, Physical and Spirtual Health; Yoga workshop based on common yoga protocol; International Yoga Day celebrations;	18.6.21 11am; 19-21 June 2021; 21 June 2021 7 am onwards
6	CAMPUS LAW CENTRE	Yoga sessions	21.6.21 8-8.45 am
7	COLLEGE OF VOCATIONAL STUDIES	Yoga Meet	21.6.21- 10.00 am
8	DELHI COLLEGE OF ARTS & COMMERCE	An hour of restoration yoga- yoga workshop	21-06-2021 09:00
9	DESHBANDHU COLLEGE	Seven Day Live Yoga Workshop- Anxiety stress and anger management; Benefits of Deep breathing; Role of Yoga in Modern Lifestyle; Mental health through Yog; The way to meditation Ashtanga Yoga; Post COVID care with Yoga Practices; Yoga for healthy,happy and peaceful life; Yog through breathing holistic nutrition and naad;	14-21 june 21 7.30-8am
10	DEPARTMENT OF CONTINUING EDUCATION & EXTENSION	Yoga sessions	21-06-2021 9-10 am
11	DEPARTMENT OF MUSIC	Healthy lifestyle and better immune system during COVID pandemic	21-Jun-21
12	GARGI COLLEGE	2 week campaign on yoga	16-20th june21 7-8am
13	HINDU COLLEGE	Webinar- Yoga for wellbeing; Quiz Competition	19.6.21 4.00pm
14	INSTITUTE OF HOME ECONOMICS	Workshop on yoga	14-21 June 21
15	JESUS AND MARY COLLEGE	videos of Yoga by volunteers	21.6.21 11.30-1.00pm
16	KALINDI COLLEGE	Video Making Competition- Yoga at home and Yoga with Family	21.6.21
17	KESHAV MAHAVIDYALAYA	Yoga Mahotsav- Liver Problems; Yoga beyond Asanas;Yoga & Martial Arts; Yoga for Holistic Well- Being; The pholosophy, biology and psychology of Yoga	17.6.21 6-6.30pm, 20.6.21 11 am
18	KAMLA NEHRU COLLEGE	Workshop by Hatha yoga teacher	21.6.21 9.30-10.30am
19	KIRORI MAL COLLEGE	Yoga Week- Rejuvenation;	16,17,18,19.6.21 6pm
20	LAW CENTRE-1	Releasing Mental and Physical Stress through Yoga	21.6.21 8.30-9.15 am
21	LAW CENTRE -II	Yoga for everyone	22-06-2021 9.15-10 am
22	LADY IRWIN COLLEGE	Yoga in Pandemic	
23	LADY SHRI RAM COLLEGE	Three Day- Yoga for well being	19.6.21 10.30-11.30am
24	PGDAV	Two weeks prog- on mental, physical and spirtual health for well being, social awareness and community outreach programmes for people of all sections of the society.	11-24 june 2021 6.30-7.30pm
25	RAMANUJAN COLLEGE	5 days of live yoga workshop and meditation	17-21 june2021 7-8am

26	RAMJAS COLLEGE	Yoga Awareness Programme- Yoga week	16-21 june2021
27	SRI AUROBINDO COLLEGE	7 Days Yoga sessions- Role of exercise, yogic asanas and pranayam in immunity boosting against COVID-19; Nutrtrion for immunity bosting against Covid 19;	18-20 june21 4-5pm
28	SATYAWATI COLLEGE	Yoga for Calm and Stable Mind	19-Jun-21
29	SHAHEED BHAGAT SINGH COLLEGE (EVENING)	The way to meditation - Ashtanga Yoga	21.6.21 10 am
30	SRI GURU NANAK DEV KHALSA COLLEGE	Webinar on How to deal with your Mental Health During Covid-19; Post COVID Traffic Regulations; Yoga Asans for obesity;Yog Asans for anxiety; Yog Asans for correct posture; Yog Asans for good digestion; Yog Asans for building body balance	17 -21 June 2021
31	SHYAMA PRASAD MUKHERJI COLLEGE	Webinar on IDY	21.6.21 3pm
32	SWAMI SHRADDHANAND COLLEGE	One week online yoga sessions- Har Ghar ho Yog	15-21 JUNE 2021
33	VIVEKANANDA COLLEGE	Yoga Mahotsav- Liver Problems; Yoga beyond Asanas;Yoga & Martial Arts; Yoga for Holistic Well- Being	17, 19.6.21-4.30 pm
34	GANDHI BHAWAN	IDY	21.6.21 9 am