



National Service Scheme

Sri Aurobindo College (Eve.)

(University of Delhi)



International Yoga Day (21st June, 2024)

Team **SAMARPAN**, the NSS Unit of Sri Aurobindo College (Evening) participated in 10th International Yoga Day on 21st June, 2024 with emphasis on Women Empowerment and promoting a healthy lifestyle.

Yoga with Family and Friends

The NSS unit of Sri Aurobindo College (Eve.) organized an online yoga session with special focus on women, recognizing the unique benefits yoga offers throughout family, friends and woman's life cycle. This session focused on postures and techniques that can address obstacles faced by women, such as stress management, hormonal imbalances, and maintaining physical strength.

Yoga Event at Delhi University Sports Complex

The NSS volunteers of Sri Aurobindo College (Eve.) enthusiastically participated in the 10th International yoga event hosted by University of Delhi alongside with more than 1,000 participants from all the colleges of the university, led by the Vice Chancellor Professor Yogesh Singh and MP Manoj Tiwari from 6:00 am to 8:00 am at the university sports complex, this event emphasized on the importance of yoga for both physical and mental well-being and how yoga can assist us in the holistic development.

Yoga at College Premises

A yoga session was organized by Sri Aurobindo College (Eve.), University of Delhi in the college premises at the seminar hall. The yoga event commenced at 4 pm, NSS volunteers took part in the event along with the college students, professors and our principal.

A motivating speech was delivered by the principal Prof. Arun Chaudhary Sir and the professors who highlighted how yoga can empower women in various ways. He emphasized the value of

yoga in everyday life, it not only strengthens the body but also cultivates inner peace, mental clarity and its relevance for navigating life challenges. He specifically addressed the benefits of yoga for managing menstrual health, pregnancy, and overall well-being throughout a woman's life.

The success of this event owes a huge debt to our convenor Mr. Rajesh Kumar Nigah and our respected Principal Prof. Arun Chaudhary and last but not the least our volunteers who made all of this possible.



3.



SUKHASANA

- Regularly practicing Sukh asana can increase flexibility in the hips, knees, and ankles, making it easier to do routine work.
- *Sukh asana* helps to calm and ground the nervous system as it improves blood circulation, thus reducing stress and anxiety levels by encouraging relaxation and deep breathing.