

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

**Yoga Committee of the College**  
*Celebrates*

**अंतर्राष्ट्रीय योग दिवस**  
**International Day of Yoga**  
on 21st June, 2017

Yoga for Harmony & Peace

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

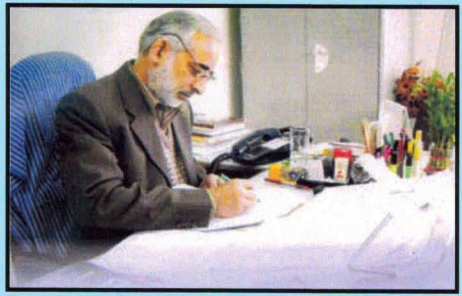
*Dr. G.K. Arora*  
*Principal*

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## PRINCIPAL'S MESSAGE

### International Day of Yoga



Celebrating 3<sup>rd</sup> International Day of Yoga on 21<sup>st</sup> June 2017 reminds us of the address of the Hon'ble Prime Minister of India in the 69<sup>th</sup> session of United Nations General Assembly (UNGA) on 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'.

Following this on December 11, 2014, UNGA approved the proposal by consensus to establish 21<sup>st</sup> 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 bring harmony in all walks of life by preventing diseases, promoting health and managing lifestyle-related disorders.

It is in this background, the Govt. of India decided to take forward this momentum created earlier by IDY 2015 and 2016 by involving educational and other institutions for promoting working programme, discourses, lecturers etc. by Yoga Expert.

The College constituted a Yoga Committee with its Convenor, Dr. Sangeeta Sharma with the motto "Health is real Wealth". This Committee actively promotes Yoga as an essential part of life and has been organizing free of cost voluntary Yoga sessions for students every day from 7:45 am to 8:45 am in the College premises under a trained Yoga Instructor. Students are encouraged through monthly felicitation programs to adopt Yogic practices in routine life. They showcased a special 10 minutes Musical Yoga performance in the College annual festival "Chetna". Recently, the College created a Yoga and Meditation Hut along with Reflexology Path for bringing the students more close to the Nature while undertaking Yogic practices. This was widely appreciated and also reported by the print and social media.

On behalf of the College family, I wish all on the occasion of IDY being organized by the College Yoga Committee led by Dr. Sangeeta Sharma and Dr. Rajbala Gauttam and their teams. I wish them all the best.

Best Wishes,

**Dr. G.K. Arora**

June, 2017



## Dr. BHIM RAO AMBEDKAR COLLEGE



Dr. Bhim Rao Ambedkar College (BRAC) came into existence on 8<sup>th</sup> Feb 1991 during the birth centenary year of Bharat Ratna Baba Saheb Dr. Bhim Rao Ambedkar. It is a constituent co-educational college of the University of Delhi (D.U.) and is 100 % funded by Delhi Government. The College shifted to this building in 2001 which is spread over 9 acres including the residential area having 12 staff quarters. According to *DU Updates*, an online magazine run by students of D.U., Dr. Bhim Rao Ambedkar College figures in 10 DU colleges having best infrastructure. The College was also awarded Special Commendation Prize for 'Good Practices' by the Vice Chancellor for participating in 'Antardhwani'- a Cultural Festival organized by D.U. in 2015. The college has been winning top prizes in DU Flower Show ever since it started its participation in 2010. The college completed its Silver Jubilee (25<sup>th</sup> year of operation) during 2016 and the year was celebrated with a number of academic events, workshops and conferences.

The College offers a number of professional, honours, short-term-job-oriented add-on-courses in addition to B.A. (Programme) and B.Com; besides being one of the centre's for teaching under PCP for the students of School of Open (SOL) and Girl Students of NCWEB, D.U. The college is also one of the 12 centers spread all over India under the Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, Tamil Nadu which offers one year diploma. In collaboration with Jan Shiksha Sansthan, Ministry of Human Resource Development, the college in the past had the centre for imparting vocational care to girls from economically weaker sections. The college is also one of the 20 Earthquake Strong Ground Motion Stations in Delhi for recording and monitoring the earthquake in Delhi under a project jointly handled by Director of Seismology Division (DST)- DU-IIT (Roorkee).

The college is well equipped with numerous infrastructural facilities. Some of the these facilities are four computer labs, well maintained Auditorium, Wi-Fi enabled air-conditioned library, Photostat machines, Bank and A.T.M. WUS Centre of D.U. (East Campus) is housed in the college campus to cater to the health care needs of students and the staff of the University and its Colleges.

### अंतर्राष्ट्रीय योग दिवस 21 जून, 2017

**योग** — सार रूप में कहें तो योग आध्यात्मिक अनुशासन एवं अत्यंत सूक्ष्म विज्ञान पर आधारित ज्ञान है जो मन और शरीर के बीच सामंजस्य स्थापित करता है। यह स्वस्थ जीवन की कला एवं विज्ञान है। संस्कृत वाङ्मय के अनुसार योग शब्द युज् धातु में घञ् प्रत्यय लगने से निष्पन्न हुआ है। पाणिनीय व्याकरण के अनुसार यह तीन अर्थों में प्रयुक्त होता है। (1) युज् समाधौ = समाधि (2) युजिर योगे = जोड़ (3) युज् संयमने = सामंजस्य। यौगिक ग्रंथों के अनुसार, योग अभ्यास व्यक्तिगत चेतनता को सार्वभौमिक चेतनता के साथ एकाकार कर देता है। आधुनिक वैज्ञानिकों के अनुसार ब्रह्मांड में जो कुछ भी है वह परमाणु का प्रकटीकरण मात्र है। जिसने योग में इस अस्तित्व के एकत्व का अनुभव कर लिया है, उसे योगी कहा जाता है, योगी पूर्ण स्वतंत्रता प्राप्त कर मुक्तावस्था को प्राप्त करता है। इसे ही मुक्ति, निर्वाण, कैवल्य या मोक्ष कहा जाता है।

“योग” का प्रयोग आंतरिक विज्ञान के रूप में भी किया जाता है, जो विभिन्न प्रकार की प्रक्रियाओं का सम्मिलन है, जिसके माध्यम से मनुष्य शरीर एवं मन के बीच सामंजस्य स्थापित कर आत्म साक्षात्कार करता है। योग अभ्यास (साधना) का उद्देश्य सभी त्रिविध प्रकार के दुःखों से आत्यन्तिक निवृत्ति प्राप्त करना है, जिससे प्रत्येक व्यक्ति जीवन में पूर्ण स्वतंत्रता तथा स्वास्थ्य, प्रसन्नता एवं सामंजस्य का अनुभव कर सके।



# Program Schedule for International Day of Yoga celebration, 21 June, 2017

| Date                   | Event         | Venue         | Time                |
|------------------------|---------------|---------------|---------------------|
| 17, 18, 19,<br>20 June | Yoga Practice | Sports Ground | 6.45 a.m. to 9 a.m. |
| 21 June                | Yoga Practice | Sports Ground | 7 a.m. to 8 a.m.    |

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

**Dr. Rajveer Vats**  
(Member)

**Dr. K. K. Sharma**  
(Member)

**Dr. Arvind Yadav**  
(Member)

**Dr. Rajbala Gauttam**  
(Member)

**Dr. Sunita Sharma**  
(Member)

**Dr. Anuradha Tyagi**  
(Member)

**Ms. Neha Sharma**  
(Member)

**Mrs. Priyanka Saini**  
(Member)

**Dr. Sakshi Vasudeva**  
(Member)

**Mr. Rohit Shrivastav**  
(Member)

**Mr. Yogesh Mouraria**  
(Member)

**Mr. Upender Nath**  
(Member)

**Mr. Anil Kumar**  
(Member)

**Sh. Vinod Kumar Sharma**  
(Yog Trainer)  
Bhartiya Yog Sansthan

