

Janki Devi Memorial College

Centre for Universal Values and Ethics

Chetna Society

(The Spiritual Consciousness Cell)

(2020-2021)

Webinar Theme - “The Role of *Yog* in a Student’s life”

Speaker - Mr. Desraj

Date - 17th August, 2021

Zoom handle

The Centre for Universal Values and Ethics and Chetna Society of Janki Devi Memorial College, University of Delhi under the aegis of IQAC, JDMC organised a lecture cum interactive online webinar on the topic “The role of *Yog* in a Student’s life” on 17th August, 2021. The distinguished speaker in this lecture was the President of *Bhartiya Yog Sansthan*, Mr. Desraj. He along with his team conducted this interactive lecture cum *Yog* demonstration session, which was attended by 85 participants containing both students and faculty across all disciplines. The session began with welcome note by the principal of our college, Prof. Swati Pal, who greeted the distinguished speaker and emphasised the value of “*Yog*” and “*Sadhna*” in maintaining the equilibrium of life. The lecture started with a discussion of the significance and relevance of *Yog* in everyday life. Mr. Desraj spoke at length about the relevance of *Yog* for students in particular, as the changed lifestyle and challenges in contemporary times and problems associated with the same tends to create mental and physical disbalance in student’s lives. As ways and means to minimise stress, anxiety and even depression, Mr. Desraj underlined the importance of balanced diet and *yogic* asanas in bringing about balance in one’s life. The program concluded with a vote of thanks given by Dr.Perna Arora, Convenor, Chetna Society.

Centre for Universal values and ethics
and
Chetna Society
(UNDER THE AEGIS OF IQAC)
PRESENT

A Lecture cum Interactive Session
'The Role of Yog in A Student's Life'



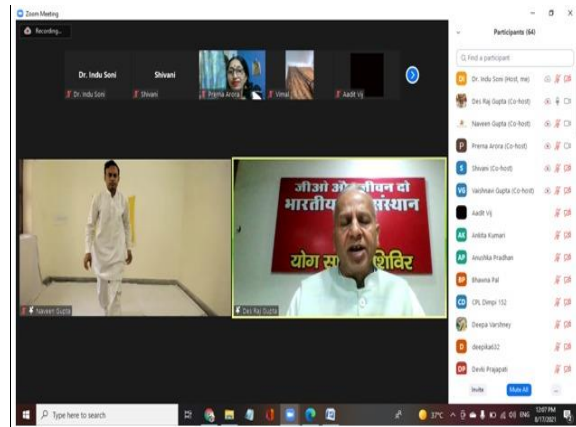
SPEAKER - MR. DESRAJ
(PRESIDENT, BHARTIYA YOG SANSTHAN)

Director
Dr. Purna Arora

Principal
Prof Swati Pal

On Zoom
Meeting ID : 897 6789 7506
Passcode : 123456

17 th August 2021
Tuesday
11 AM



THEME - The ideal youth which the Nation Needs

SPEAKER – Swami Shantatmananda ji, Secretary of Ramakrishna Mission

DATE - 15th February, 2021

TIME – 10.00 Am

Chetna society organised a lecture on " The ideal youth which the nation needs" by Swami Shantatmananda ji, Secretary of Ramakrishna Mission, New Delhi on 15th February, 2021 at 10 am on zoom. Around 50 students attended this session. Shantatmananda ji, spoke on 'The Ideal Youth that India Needs' He emphasised on the need to tap the youthful energies of the young in directing them towards serving the society and the Nation. Quoting Swami Vivekanand ji, he said, the country needs only a 100 committed youths to restore India to its original glory!

