

INTERNATIONAL YOGA DAY CELEBRATIONS

"Life moves for people who move their bodies."

Toni Sorenson



In the words of Honourable Prime Minister of India Shri Narendra Modi – Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between Man and Nature; a holistic approach to health and well-being. On his call, the United Nations General Assembly (UNGA) announced to celebrate June 21 to be **International Yoga Day** every year. He addressed the large gathering on the 2nd International Yoga day pledging that we all should try to make India diabetes free in the coming future. Following the path of the Prime Minister, a yoga session was organized by the institute in association with the Art of Living Foundation. Three representatives from the Foundation, Mr. Kalra, Mrs Vijayawanti and Mrs Paramjeet Kaur took the session which had begun with warm up and Surya Namaskar going to the level of doing some asanas. They also made the faculty understand the vitality of

asanas, kriyas, mudras and Pranayama which help us all to get energized as well as de-stressed. So, on the 2nd International Yoga Day, 21st June 2016, DAVIM faculty learnt the efficacy of Yoga in treating Life-style-related diseases.



SWIMMING COMPETITION

Hitesh Khanna a BCA student and a proficient swimmer manifested his swimming abilities by bagging Bronze medal in 50 m free style inter-college swimming competition which went on from 17th September 2015 to 22nd September 2015 in MDU University Rohtak.

BADMINTON PROWESS

"Every champion was once a contender that refused to give up." Rocky Balboa. The energetic students of DAVIM, proved their mettle by participating in the Inter - college Badminton Championship, which was held from 7th Sep to 9th September 2015 at Sports Complex , Rohtak. The students left no stone

untuned and proved their team spirit by synergizing their efforts with determined will.



SWIMMING CHAMPIONS

"Train like an athlete, Eat like a nutritionist, Sleep like a baby and Win like a champion."

DAVIM's swimmers participated in the Inter – college Aquatics and Swimming Competition which was organized at University Swimming Pool, MDU from 17th September 2015 to 19th September 2015 and won bronze medal by bagging the third prize.

GAME OF HIGHEST BALL

"The strength of the group is the strength of the leader." Vince Lombardi, DAVIM sports freaks participated in Inter – college Volleyball championship organized from 28th September 2015 to 2nd October 2015 at Govt. College, Bahadurgarh. Participating in such championships strengthens the team spirit amongst the participants and inculcates in them the need to learn sportsmanship.

BOXING CHAMPIONSHIP

Inspired by the legendary Vijender Singh, the boxers of DAVIM participated in Inter – college Boxing Competition held at Sports Complex MDU from 12th October 2015 to 13th October 2015. It was a great opportunity for them to showcase their boxing skills.

CRICKET CHAMPIONSHIP

Cricket is taken up like a religion in India. So, how our champions could be left untouched by cricket fever? Hence, our prodigies in cricket participated in Inter – college Cricket Championship organized at K.L.College , Rewari from 16th October to 27th October 2015.