



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

YUJ: Yoga and Wellness Society

During the academic session 2024-25, the Yoga and Wellness Society - YUJ, under the aegis of the IQAC, organized several events for promoting health and well-being. A series of activities related to the International Day of Yoga (IDY), 2024 were conducted between March to June, 2024. These included the “21 Days, 21 Poses” Challenge, an Online Yoga Camp, and the IDY, 2024 celebration held on 21st June, 2024 within the college premises. The event was graced by Acharya Vikas Dubey ji as the guest of honour. In total, approximately 150 participants took part in these initiatives.

In addition, the society collaborated with the Eco SDG Club to organize the “10000 Steps Challenge” on 20th September, 2024, in which 34 students from various departments successfully participated and completed the challenge.

Another key event was a Suryanamaskar Session held on 12th November, 2024, conducted in collaboration with NCC Senior Wing (SW), ARSD College. A total of 18 NCC cadets took part and learnt about the physical and mental benefits of Suryanamaskar and yoga.