



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

YUJ: Yoga and Wellness Society

YUJ, the Yoga and Wellness Society of the college, under the convenership of Dr. Neeta Azad, organized a series of events during the academic session 2025–26 to promote awareness about personal well-being. The year opened with a yoga session, conducted on 30th May 2025 under the guidance of yoga instructor Ms. Sheetal Prajapati in the college ground. Students from various departments actively participated in the session.

A follow-up event was organized, an online meditation session conducted under the supervision of Dr. Madhav Gopal Ji, Assistant Professor, Department of Sanskrit, ARSD College. During this session, the benefits of meditation and ways to deal with stress were discussed, which proved highly beneficial for the students.

To encourage participation across different age groups, a “Do and Draw Your Favourite Yogasana” challenge was organized from 2nd to 7th June 2025, marking the celebrations of International Day of Yoga. This initiative beautifully combined yoga with creativity and artistic expression.

On 19th June 2025, an online session on the “Benefits of Surya Namaskar” was conducted under the guidance of Ms. Sheetal Prajapati. She demonstrated various forms of Surya Namaskar and explained their health benefits to the participants.

International Yoga Day was celebrated on 21st June 2026 on the college premises in collaboration with ARSD NCC. More than 200 participants from various colleges enthusiastically took part in the event.

A well-being session was also organized on 1st September 2025, led by yoga therapist Ms. Neelam from Morarji Desai National Institute of Yoga, New Delhi. Students actively interacted during the session, engaging in insightful discussions on the benefits of yoga while also exploring its potential as a viable career path.

Furthermore, an online yoga camp was conducted from 2nd to 7th March 2026, under the guidance of Dr. Neeta Azad (Certified Yoga Teacher and Evaluator, Ministry of AYUSH, Government of India). More than 50 participants attended the camp and learned various asanas, pranayama, and meditation techniques. This year, YUJ also introduced a new initiative by organizing a yoga competition during the college’s annual fest, TIDE. Participants from various institutions took part and showcased their artistic yoga skills.

