

**Report on the International Day of Yoga, 21<sup>st</sup> June, 2017**

**Workshop**

**On**

**“Yoga and Nation Building : An Anthropological Perspective”**

Organized by  
Department of Anthropology,  
University of Delhi,  
Delhi 110007.

Department of Anthropology, University of Delhi, Delhi organized 3<sup>rd</sup> International Yoga Day in the form of workshop on “Yoga and Nation Building: An Anthropological Perspective” from 9.30 a.m. to 5.30 p.m. in the Seminar room of the Department. A total of 82 participants which includes teachers, research scholars (M.Phil. and Ph.D. scholars), postgraduate and graduate students attended the workshop.

The workshop was inaugurated by Prof. A. K. Kapoor, Head of the Department of Anthropology, University of Delhi, wherein he highlighted the relevance and future perspective on yoga from anthropological perspective. Dr. Meenal Dhall, Assistant Professor from the Department of Anthropology, University of Delhi presented a keynote address on “Yoga and Health” where she talked about Hatha Yoga and its effect on the human body. Dr. Manisha Choudhary, Assistant Professor, Department of History, Delhi University gave guest lecture on ‘Lifestyle yoga’ and highlighted the various dimensions of yoga and lifestyle. Dr. M. Kennedy Singh, Assistant Professor, Department of Anthropology delivered a special lecture on ‘yoga and well-being’ where he highlighted how the well being can be co-related with yoga.

Dr. Sunita Jain, Yoga expert from Power yoga, Delhi discussed the relevance of yoga in the present day scenario. She performed yoga session with research scholars and department staff.

Shri Bhupender Dhawan, Dronacharya Awardee, The Gym Delhi presented the various 'asanas' to the students. He brought two of his students who did the various yoga activities and explained the advantage of each act.

Some of the research scholars namely Mr. A. K. Gyanendra Wahengbam, Ms. Mamta Thakur, Ms. Astha Ranjan, Ms. Bhavna Joshi gave few important points on the yoga to the audience. A group discussion was organized and it was chaired by Dr. R. P. Mitra, Assistant Professor, Co-Chairperson Dr. Mitashree Srivastava, Assistant Professor, Department of anthropology and rappocteur was Ms. Bhavana Joshi from the same Department. Every one interacted in this discussion and finally it was resolved that yoga should be the part of syllabus in anthropology at Graduate and Post graduate level as well. A vote of thanks was given by Mr. Singlai Thouman, research scholar from the Department of Anthropology.

The copy a programme along with concept note and some of the photographs which were taken during the workshop are enclosed for the reference and record.

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