

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## DOSSIER

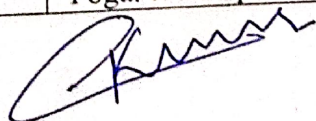
*On*

"YOGA WORKSHOP"

*On*

14<sup>th</sup>-21<sup>st</sup> June 2021

|   |  |
|---|--|
| <b>Title</b>                            | Yoga Workshop  |
| <b>Programme Officer</b>                | Mr. Vinod Kumar, Asst. Professor   |
| <b>Date and Time</b>                    | 14 <sup>th</sup> June 2021 to 21 <sup>st</sup> June 2021; Monday to Monday; 8:45am-10:00am   |
| <b>Venue</b>                            | Online Platform i.e., Zoom and Social Media Platform i.e. Facebook, YouTube.   |
| <b>Resource person/<br/>facilitator</b> | Acharyaa Swati Jha, Prof. J.P Saini Vice-chancellor of NSUT  |
| <b>No of Participants</b>               | 400  |
| <b>Summary</b>                          | <ul style="list-style-type: none"><li>▪ Awareness through social media posts.</li><li>▪ Yoga is a union of Physical, mental, and spiritual practices and an invaluable gift of ancient India's for good health and wellbeing.</li></ul> <p>Its advantages have been recognised all over the world, all over the world, which has led us to celebrate 21st June as International Day of Yoga. It also promotes, global health, harmony and peace.</p> |



- NSS Cell and Eco Club, DSPSR in collaboration with NSS NSUT Cell is going to organize 7 Day Series of Yoga workshop from 14th June,2021- 21st June,2021.
- Session was going to be taken by honourable Acharyaa Swati Jha. These sessions will start with warm up and the asanas were: Surya Namaskar, Pranayama, Asana.

Workshop Summary: -

- **Day 01- 14th June 2021- Monday**
  - 8:55 AM: Session started by NSS song.
  - 9:00 AM: Workshop begins with welcoming of guests and attendees. DR. Praveen Saroha (NSS NSUT program coordinator) had welcomed the gathering.
  - 9:10 AM: Yoga session had been given by Acharyaa Swati Jha. Things were covered in session: Surya namaskar, Asana, Pranayama, Yognidra.
  - 10 AM: Vote of thanks.

- **Day 02- 15th June 2021- Tuesday**
  - 8:55 AM : Session started by NSS song.
  - 9:00 AM : Workshop begins with welcoming of guests and attendees. DR. Praveen Saroha(NSS NSUT program coordinator) had welcomed the gathering.
  - 9:10 AM : Yoga session had been given by Acharyaa Swati Jha. Things were covered in session: Surya namaskar, Asana, Pranayama, Yognidra.
  - 10 AM : Vote of thanks.

- **Day 03- 16th June 2021- Wednesday** ➤
  - 8:55 AM : Session started by NSS song.
  - 9:00 AM : Workshop begins with welcoming of guests and attendees. DR. Praveen Saroha(NSS NSUT program coordinator) had welcomed the gathering.
  - 9:10 AM : Yoga session had been given by Acharyaa Swati Jha. Things were covered in session: Advanced Surya namaskar, Asana, Pranayama, Yognidra, Pran Kriya, Meditation.
  - 10 AM : Vote of thanks.

- **Day 04- 17th June 2021- Thursday** ➤
  - 8:55 AM : Session started by NSS song.
  - 9:00 AM : Workshop begins with welcoming of guests and attendees.
  - 9:10 AM : Yoga session had been given by Acharyaa Swati Jha. Things were covered in session: Advanced Surya namaskar,



Advanced Asana, Pranayama, Yognidra.

> 10 AM : Vote of thanks.

▪ **Day 05-** 18th June 2021- Friday

> 8:55 AM : Session started by NSS song.

> 9:00 AM : Workshop begins with welcoming of guests and attendees. DR. Praveen Saroha(NSS NSUT program coordinator) had welcomed the gathering.

> 9:10 AM : Yoga session had been given by Acharyaa Swati Jha.

Things were covered in session: Advanced Surya namaskar, Advanced Asana, Pranayama, Yognidra.

> 10 AM : Vote of thanks.

▪ **Day 06-** 19th June 2021- Saturday >

8:55 AM : Session started by NSS song.

> 9:00 AM : Workshop begins with welcoming of guests and attendees.

> 9:10 AM : Yoga session had been given by Acharyaa Swati Jha.

Things were covered in session: Advanced Surya namaskar, Advanced Asana, Pranayama, Yognidra.

> 10 AM : Vote of thanks.

▪ **Day 07-** 21st June 2021- Saturday

> 8:55 AM : Session started by NSS song.

> 9:00 AM : Tribute given to Netaji subhash Chandra Bose

> 9:05 AM : A brief introduction was given by Swetaa Snigdhha

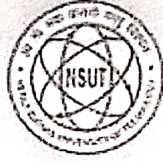
> 9:10 AM : addressing the gathering and welcome of special guests by Dr. Praveen Saroha, Programme coordinator of NSS NSUT

> 9:35 AM : Yoga session had been given by Acharyaa Swati Jha. Things were covered in session: Advanced Surya namaskar, Advanced Asana, Pranayama, Yognidra.

> 11 AM : Vote of thanks by Prof. Vijander singh, Dean Student Welfare of NSUT



Photographs of the event:



**NSS DSPSR in collaboration  
with NSS NSUT**

**presents**

**WORKSHOP**

**on the occasion of**

**International Day of Yoga**

**Promoting Common Yoga Protocol**

**Prof. (Dr.) G. S. Popli  
(Director, DSPSR)**

**Dr. Piyaben Sarothia  
(Programme Coordinator)  
(NSS CELL, NSUT)**

**Mr. Vinod Kumar  
(Programme Officer)  
(NSS CELL, DSPSR)**

**Mr. Ayush Thakur  
(President, NSS DSPSR)**



**14<sup>th</sup>-19<sup>th</sup> June**

**1hr each**

**21<sup>st</sup> June**

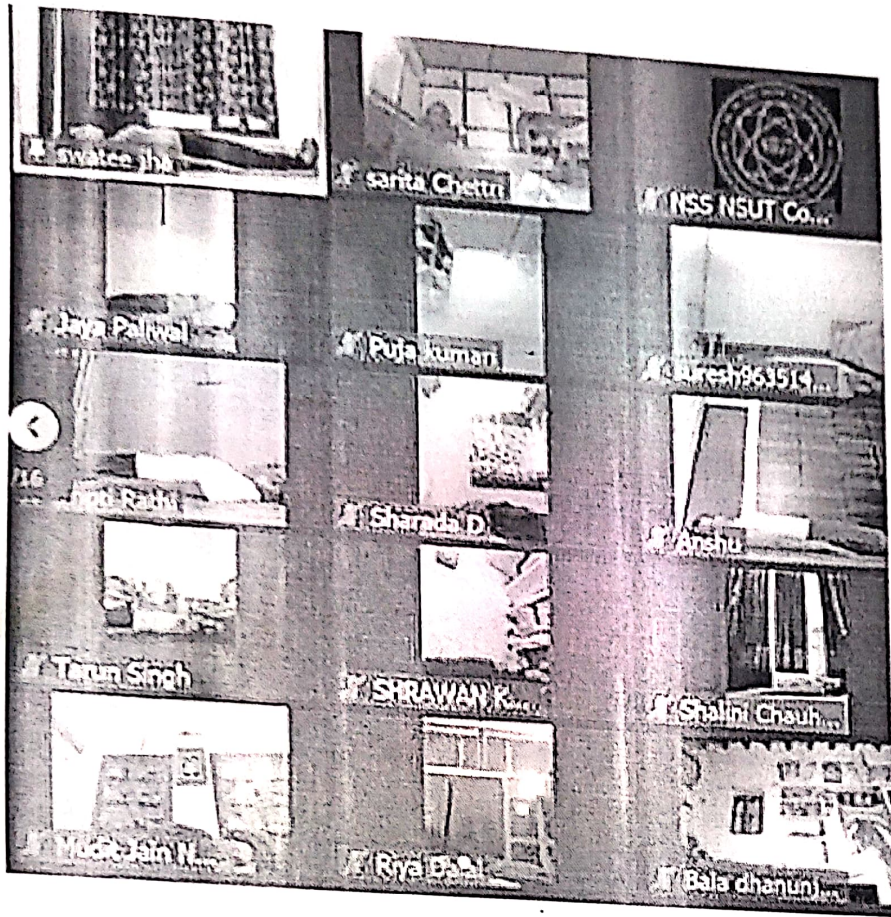
**2hr session**

**9Am**

**Onwards**

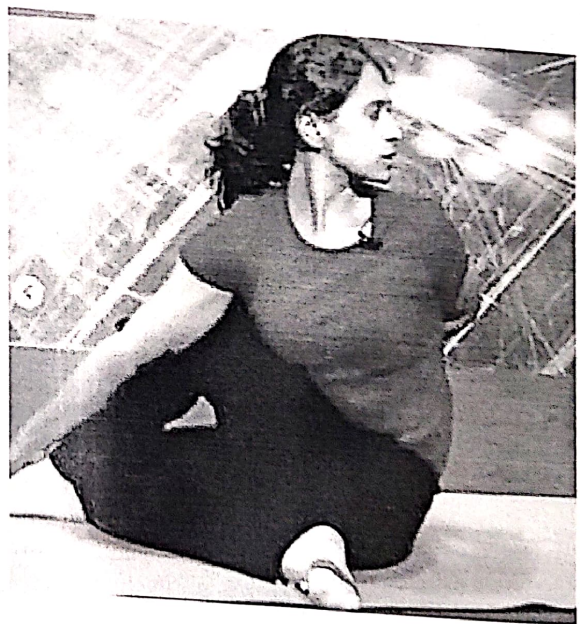
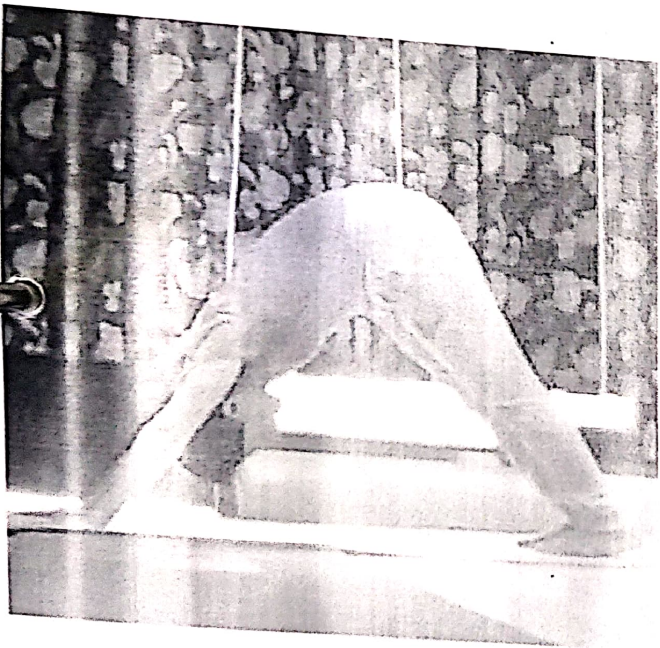
**Acharyaa Swati Jha**





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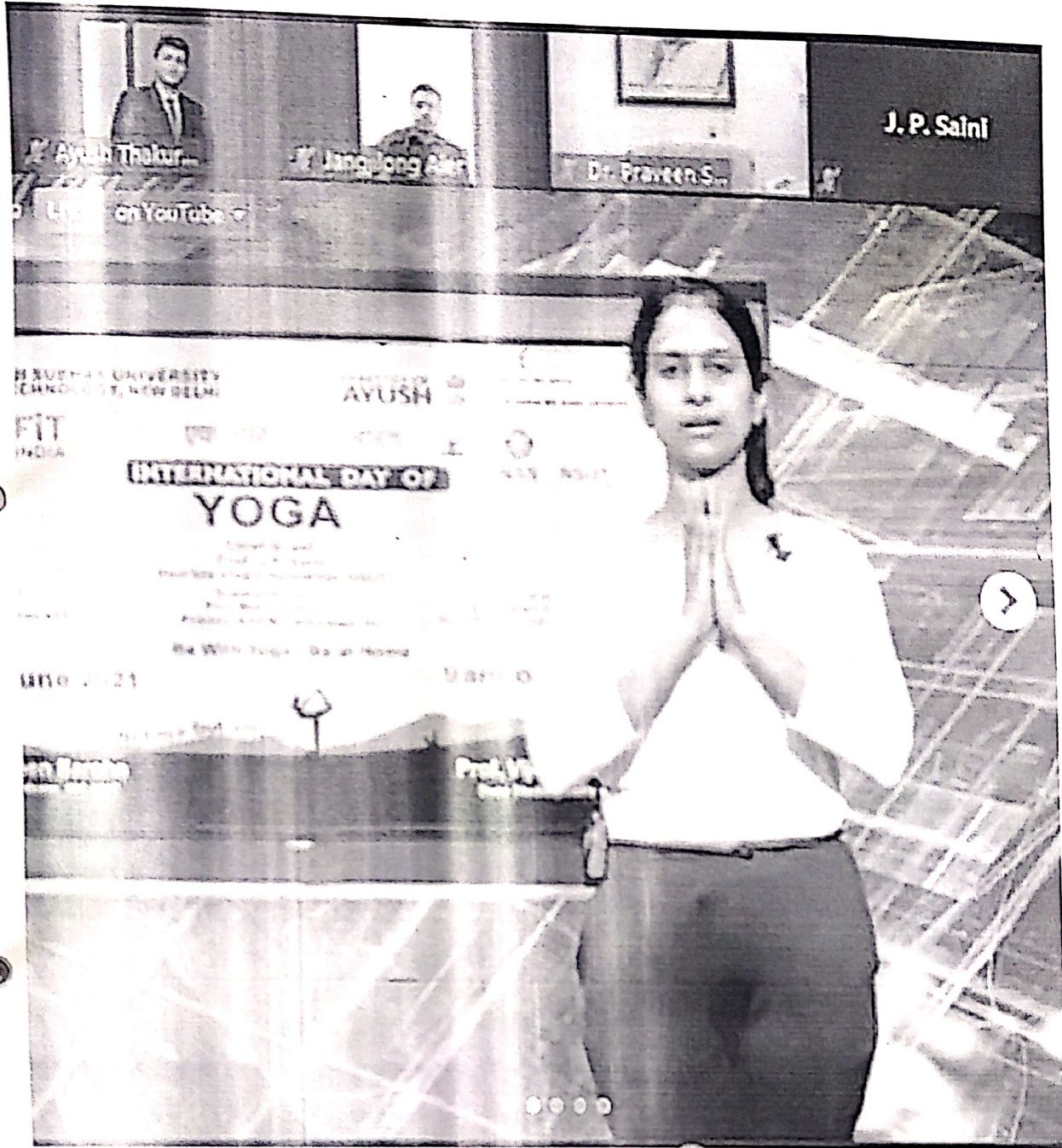




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*Praveen*