

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## DOSSIER

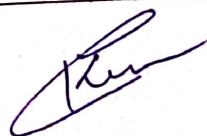
*On*

**"International Yoga Day"**

*On*

20<sup>th</sup>-21<sup>st</sup> June 2022

<b>Title</b>	Yoga Workshop
<b>Date and Time</b>	20 <sup>th</sup> June 2022 to 21 <sup>st</sup> June 2022; 9:30am- 11:00am
<b>Venue</b>	Seminar hall, DSPSR
<b>Resource person/ facilitator</b>	Programme Officer: NSS Cell & Eco club: Mr. Vinod Kumar
<b>No of Participants</b>	100
<b>Summary</b>	Yoga is a union of Physical, mental, and spiritual practices and an invaluable gift of ancient India's for good health and wellbeing. Its advantages have been recognized 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.



NSS Cell and Eco club, DSPSR has organized a Yoga session on 20<sup>th</sup> June, 2022- 21<sup>st</sup> June, 2022. These sessions started with warm up and the asanas were: Surya Namaskar, Pranayama, Asana.

**Day 01- 20th June 2022**

- 8:55 AM: Session started by NSS song.
- 9:00 AM: Workshop begins with welcoming of attendees.
- 9:10 AM: Yoga session had been given. Things were covered in session: Surya namaskar, Asana, Pranayama, Yognidra.
- 10 AM: Vote of thanks.

**Day 02- 21<sup>st</sup> June 2022**

- 8:55 AM: Session started by NSS song.
- 9:00 AM: Workshop begins with welcoming of attendees.
- 9:10 AM: Yoga session had been given. Things were covered in session: Surya namaskar, Asana, Pranayama, Yognidra.
- 10 AM: Vote of thanks.

**Photographs of the event:**



*Kun*



*Handwritten signature*