



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Post-Event Report

Event	Webinar
Topic	Yoga Nidra: Treating insomnia through naturopathy & meditation
Organizer	Department of Physical Education & Sports
Date	25.2.2022
Time	3:00-5:00 P.M.
Duration	Approximately 2:30 hours
Place/Platform	Google Meet
Number of Participants	46
Guest Speaker/Trainer	Dr. Navdeep Joshi, Assistant Professor, Sri Lal Bahadur Shastri National Sanskrit University
Welcome Speech	Dr. Rajwant Singh the convenor, welcomed the eminent speaker and introduced him to the audience. He familiarised the audience with the skills and achievements of the speaker along with the essentiality of such talks in the contemporary period.
Introduction to the Speaker	<p>Dr. Rajwant Singh gave illuminating introduction of the speaker. He stated the speaker is affiliated to following associations:</p> <ul style="list-style-type: none">• Chairman, YOG SPORT ASSOCIATION (INDIA)• SFC Member, CCRYN, Ayush, Ministry of Ayush, Government of India• Governing Body Member, Delhi University• Member, UTDB, Ministry of Tourism, Uttarakhand Govt.• He is Reiki Grand Master• Presented 10 research papers in the conferences and publications in the reputed journals.
Activities	<ul style="list-style-type: none">• The speaker gave presentation of all possible yoga poses with his subject. This basically demonstrated how postures and poses in right manner to be performed to achieve accurate results.



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- The speaker shared his screen containing valuable instructions for making our body healthy and balanced.
- He simultaneously asked the participants to practice meditations along with him. To make this practice more successful he used background music to bring participants in right peaceful frame of mind.
- At the end of session, speaker interacted with the participants and sorted the queries regarding the relevance of yoga and how to make youth specifically driven towards healthy lifestyle practices.

Main Ideas

- The speaker drew the attention towards prevailing stressful, and hectic lifestyle.
- The speaker mentioned the necessity of right sleep for healing and recovering of body.
- He deliberated on the diet which one should be following for avoiding routine health issues such as gap, blood pressure, among others.
- He explained how we can overcome our habits which can be harmful in the long run such as being addicted to phone and technology which keep us distracted and affect our performance in various aspects.

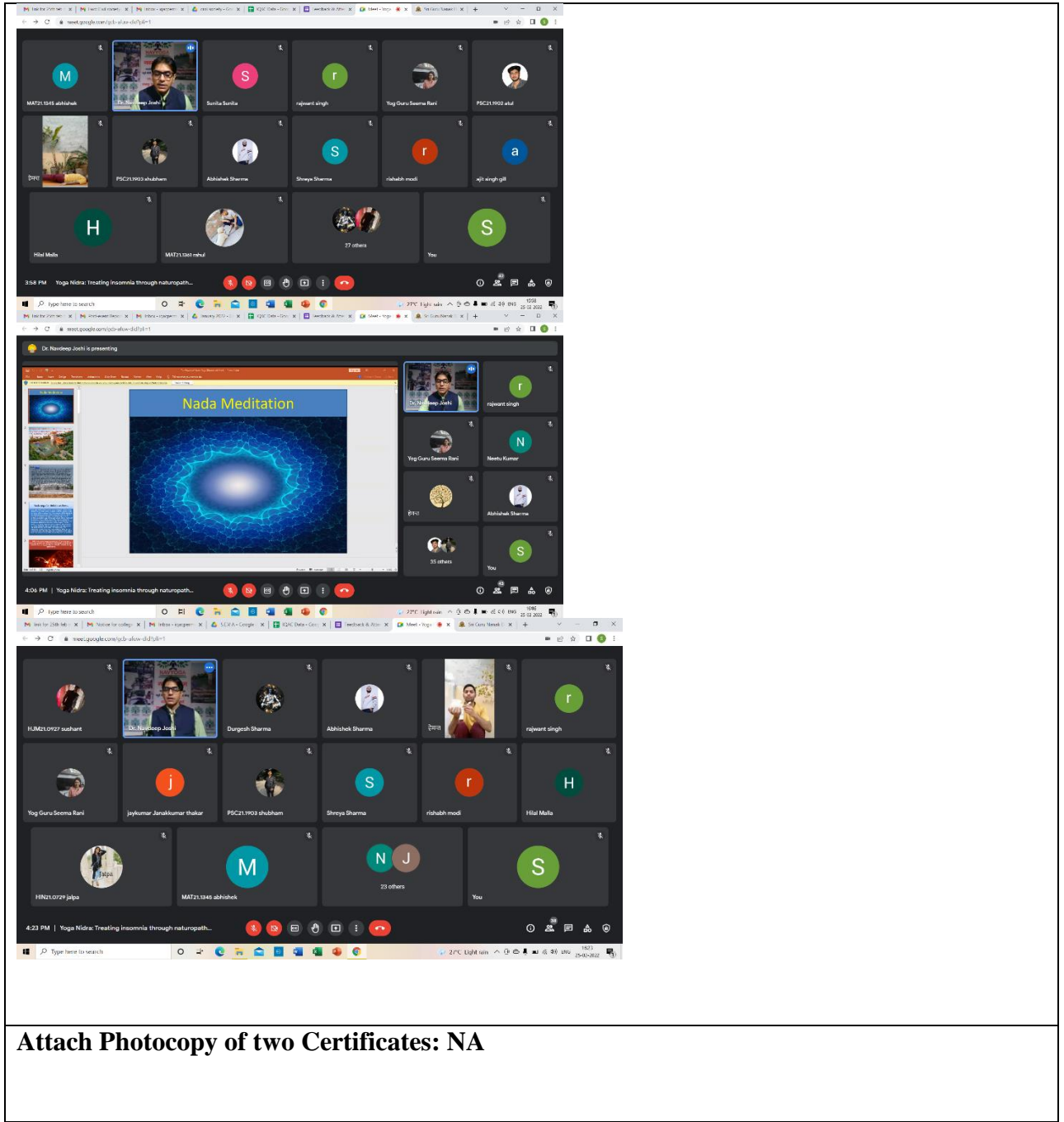
Vote of thanks

Dr. Rajwant Singh, expressed his gratitude towards the speaker for enlightening participants with his valuable inputs. He encouraged participants for keeping their enthusiasm for the adopting the ideals set by speaker to bring balance in their lives.



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Attach Photocopy of two Certificates: NA

Rajw
(Dr. Rajwant Singh)
Asst. Prof. - Phy. Edu.

Signature:

Name: Dr. Rajwant Singh

(Convenor)