

SRI GURU NANAK DEV KHALSA COLLEGE

DEV NAGAR – 110005

POST-EVENT REPORT

Event	Raising awareness about Importance of Yoga in our life collaboration with Oorja(Sports Society) under Fit India 3.O
Topic	Yoga Session
Organizer	National Service Scheme of Shri Guru Nanak Dev Khalsa College
Date	19 th October 2022
Time	11:00 AM
Duration	1hour
Place/Platform	College Premise
Number of participants	15
Guest speaker/Judges	N/A
Welcome speech	Ms. Harpreet Bahri
Introduction to the speaker	N/A
Activities:	<p>HEADSTAND (SIRSASANA.)</p> <p>SHOULDERSTAND (SARVANGASANA)</p> <p>PLOUGH (HALASANA)</p> <p>Basic Strechings Yoga</p>
Main Ideas:	The main idea Of the session was to raise awareness about YOGA and its importance in our life and also to promote a message that how can doing yoga daily can make your life and body more better..
Vote of thanks	Ms. Harpreet Bahri
Feedback:	This session had a myriad of success and we are looking forward to more such sessions . NSS team tried to spread the message regarding the pros of exercising and stretching for the people. Our 4 volunteers actively participated in the session.The session was a complete success.

Poster:



SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME

in collaboration with



OORJA-THE SPORTS SOCIETY



organises

**A MONTH LONG ACTIVITIES AND CAMPAIGNS
UNDER "FIT INDIA MOVEMENT 3.0"**

YOGA SESSION

 19th October 2022

 11:00 a.m.

 College Premises



By: BHUMIKA LAMBA
(NSS VOLUNTEER)

 **Himanshu**
8178218402
(NSS-LEADING VOLUNTEER)

 **Mantasha**
7017351530
(NSS- VICE PRESIDENT)

 **Charanpreet**
9953261712
(NSS-LEADING VOLUNTEER)

Ms. HARPREET BAHRI
(NSS PROGRAMME OFFICER)

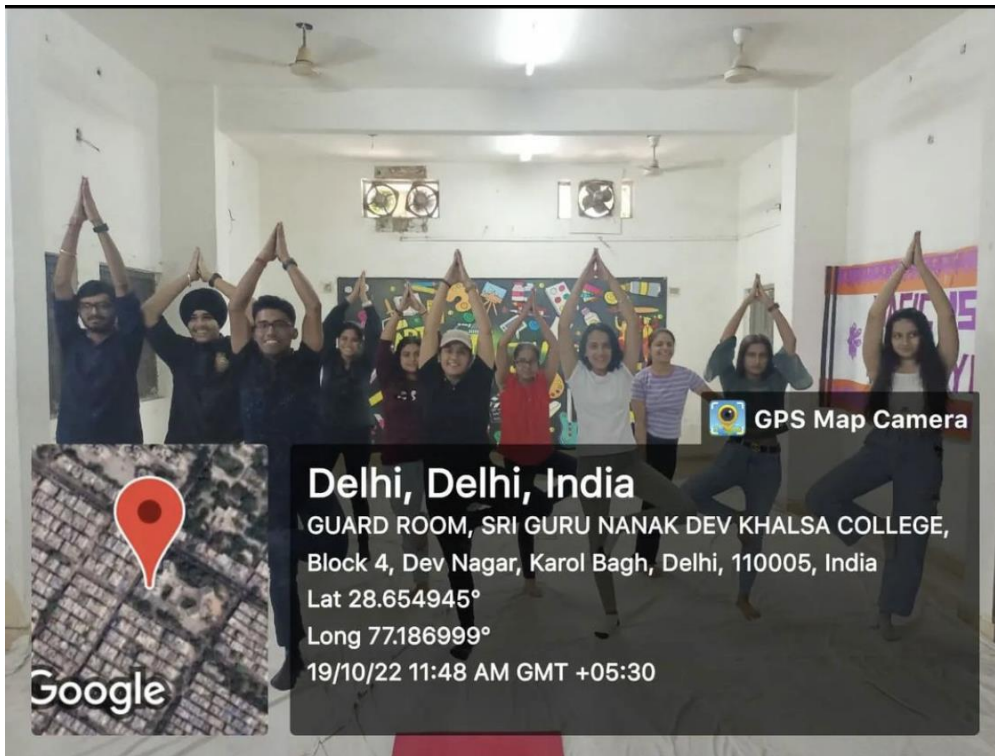
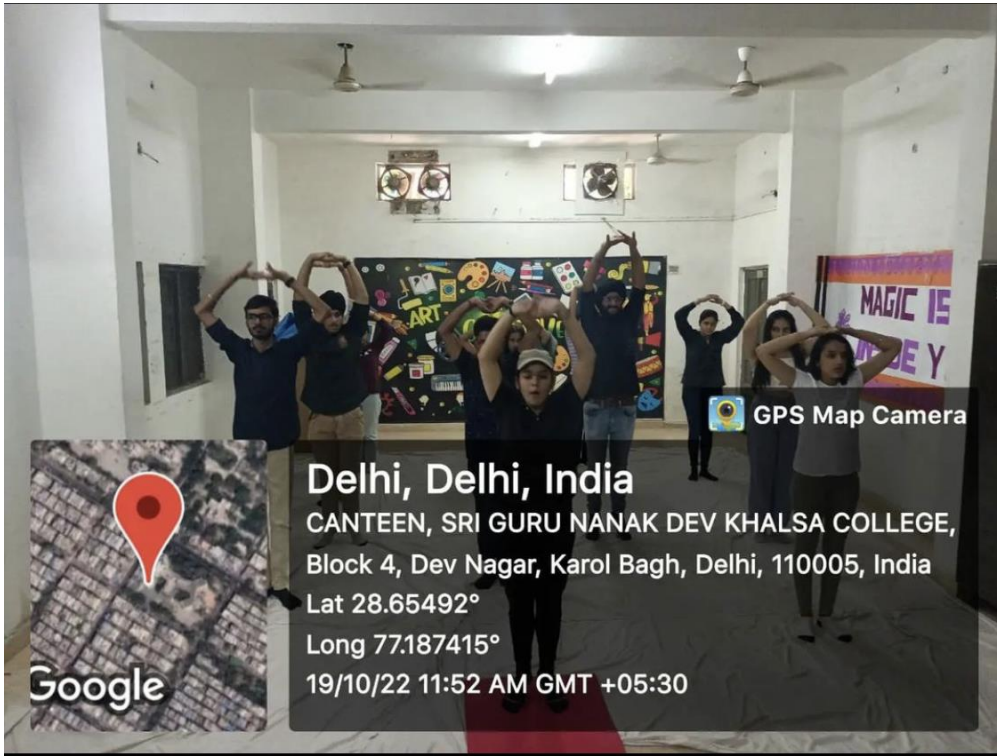
DR. RAJWANT SINGH
(ASST. PROFESSOR, DEPT. OF PHYSICAL
EDUCATION AND SPORTS SCIENCE)

PROF. GURMOHINDERSINGH
(PRINCIPAL)

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Pictures:





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Block5B, Dev Nagar, Karol Bagh, Delhi, 110005, India
Lat 28.654939°
Long 77.186948°
19/10/22 11:49 AM GMT +05:30



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*Harpreet
Bahri*

Signature:

Name: Ms. Harpreet Bahri
[Nss Programme Officer]