

SRI GURU NANAK DEV KHALSA COLLEGE

DEV NAGAR – 110005

POST-EVENT REPORT

Event	Yoga and Wellness Session
Topic	International Yoga Day
Organizer	National Service Scheme of Sri Guru Nanak Dev Khalsa College
Date	21 June 2024
Time	7:30 A.M
Duration	2 Hours
Place/Platform	College Parking Area
Number of participants	28
Guest speaker	Ms. Sarojini Bisht
Welcome speech	Dr. Mamta Ahuja
Introduction to the speaker	Dr. Mamta Ahuja
Activities:	<p>Yoga and Wellness session organized by the NSS (National Service Scheme) unit of Sri Guru Nanak Dev Khalsa College included a variety of activities designed to promote physical, mental, and emotional well-being. This event included the activities like Warm-up Exercises, gentle stretches and breathing exercises, Asanas (Postures), Pranayama (Breathing Techniques) and Meditation. The Yoga and Wellness session provided a comprehensive and enriching experience for all participants.</p>
Main Ideas:	<p>The main ideas behind organizing a Yoga and Wellness Session by the NSS (National Service Scheme) unit of our college was on Demonstration of basic yoga postures (asanas), breathing techniques (pranayama), and meditation practices. Participation of attendees in practicing these techniques under the guidance of a yoga instructor. Techniques for managing stress and anxiety through mindfulness practices. This structure ensured that the session was informative, engaging, and beneficial for all participants, promoting a holistic approach to health and well-being.</p>
Vote of thanks	Dr. Mamta Ahuja
Feedback:	<p>The session was well-organized and provided a valuable experience. The venue was suitable for the activities, offering a peaceful and conducive environment. The yoga practices were diverse and covered various skill levels. The wellness tips and discussions were practical and relevant to daily life. The yoga and wellness session by the NSS unit was a positive and enriching experience. The initiative is commendable and aligns well with promoting holistic health and well-being.</p>

Attendance Sheet:

SRI GURU NANAK DEV KHAI SA COLLEGE
DEV NAGAR, KAROL BAGH, DELHI-110005

SOCIETY NAME : National Service Scheme DATED : 21-06-2024

CONVENOR NAME : Dr. Mamta Phuja

S.No.	Name	Class	Year	Roll No.	Signature
1.	Alok Kumar	PSC	III	1800	Alok
2.	Jyoti Goyal	PSC	III	1762	Jyoti Goyal
3.	Arysha Yadav	PSC	III	1788	Arysha
4.	Raj Raghuvanshi	HIS	II	1113	Raj Ragh
5.	Adik Jain	BCP	I	3044	Adik Jain
6.	Simranjeet Kaur	BCP	I	3079	Simranjeet
7.	Taskiwat	BCH	I	24	Taskiwat
8.	Sachin Chaturvedi	BCH	I	40	Sachin C
9.	Bhavya	BCH	I	46	Bhavya
10.	Rachit	BCH	II	7	Rachit
11.	Anshu	BAP	I	2171	Anshu
12.	Jaydeep	PSC	III	1733	Jaydeep
13.	Harshdeep	BCH	II	57	Harshdeep
14.	Sakshi	ENG	II	502	Sakshi
15.	Ayushi	HIN	II	708	Ayushi
16.	Manya	KIN	II	702	Manya
17.	Sohail	BCP	I	3209	Sohail
18.	Sonika	BSC	II	1729	Sonika
19.	Tina	ENG	II	503	Tina
20.	Aaliya	BAP	II	2246	Aaliya

CONVENOR SIGN : Mamta Phuja 21/6/24
DESIGNATION : NSS Programme officer

SOCIETY NAME : National Service Schem DATED : 21-06-2024
 CONVENOR NAME : P.R. Mamta Ahuja

S.No.	Name	Class	Year	Roll No.	Signature
21.	<u>Adik Jain</u> <u>KUMAR</u>	<u>B.S</u> <u>III</u>	<u>IIIrd</u>	<u>3044</u>	<u>Adik</u>
22.	<u>Nishant</u>	<u>BCP</u>	<u>IVth</u>	<u>3073</u>	<u>Nishant</u>
23.	<u>Mahak Kabra</u>	<u>BCH</u>	<u>I</u>	<u>48</u>	<u>Mahak</u>
24.	<u>Akshit Jain</u>	<u>BCP</u>	<u>I</u>	<u>30</u>	<u>Akshit</u>
25.	<u>Aman</u>	<u>PUN</u>	<u>II</u>	<u>520</u>	<u>Aman</u>
26.	<u>Aditya</u>	<u>LIN</u>	<u>II</u>	<u>5240</u>	<u>Aditya</u>
27.	<u>Dia Sachdeva</u>	<u>BCP</u>	<u>I</u>	<u>3074</u>	<u>Dia</u>
28.	<u>Kalman Kaur</u>	<u>BAP</u>	<u>IIIrd</u>	<u>1732</u>	<u>Kalman</u>

CONVENOR SIGN : Mamta
21/6/24
 DESIGNATION : NSS Programme officer

Poster:



SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)
NAAC ACCREDITED OF GRADE 'A'



NATIONAL SERVICE SCHEME

ORGANIZES

YOGA AND WELLNESS SESSION

ON THE OCCASION OF
International Yoga Day

Sarojini Bisht
(Yoga Instructor)
(YCB LEVEL 3 certified)



21st June 2024



07:30 AM



College Parking Area



Dr. Mamta Ahuja
(NSS Programme Officer)

Prof Gurmohindar Singh
(Principal)

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Pictures:









Signature: 

Name: Dr. Mamta Ahuja
[NSS Programme Officer]