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:

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.

Main Ideas:

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.

Vote of thanks	Dr. Mamta Ahuja

Feedback:

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.

Attendance Sheet:

SRI GURU NANAK DEV KHALSA COLLEGE DEV NAGAR, KAROL BAGH, DELIH-110005

SOCIETY NAME

: Notional Service Scheme DATED: 21-06-2024

CONVENOR NAME :

· Du. Manta Phuja

S.No.	Name	Class	Year	Rell No.	Signature
1.	Plok Kumay	PSC	711	1800	Alok
2.	Typti Croyal	PSC	711	1762	Tyot Gojal
3.	Rysha Today	Psc	III	1788	Lypha
у.	Roj Raghuvanshi	HIS	1	1113	Buikagh
5.	Adik Jain	BCP	I	3044	- arejin
6.	Simularjeet Kaux	BCP	I	3079	Simvenjaet
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8.	Sochin Chadwedi	BCH	I	40	Gadin Ce
9.	Bhavya	BCH	J	46	Bhaya
10.	Rockit	BCH	正	7	Raining.
11.	Olnshu	BAP	I	2171	Aust
12.	Toyder	PSC	III	1733	00 12
13,	Harshdeep	BCH	II	57	flution
14.	Sakshi.	ENG	U	502	Sakshi
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16.	Manya	tein	1.	702	marya
17.	Schail	BCP	T	3209	Soher.
18.	Sonika	BSC	I	1729	SOB.
19.	Tima	ENG	T	503	ting
20	Aaliya	BAP	I	2246	Aliyer.

DESIGNATION: NSS/Wysiamme officer

SRI GURU NANAK DEV DEV NAGAR, KAROL BAGH, DELIH-110005

SOCIETY NAME

National Service Schenish TED: 21-66-2029

CONVENOR NAME . P. Manta Ahuja

S.No.	Name	Class	Year	Roll No.	Signature
21.	Adok Kumay	Bord HI	TIrd	3044	Awk
22.	Nishant	BCP	INH		Withart -
23.	Mahak kabia	ВСН	I	48	Mahab
24.	Akshit Jain	BLP	エ	64	Akshir
25.	Aman	PUN	1	520	Oman
26.	Adinya	HW	I	5240	Adilya,
27.	Dia Sculdera	BCP	I	3074	Dia
20.	Malman kall	BAP	Ind	1732	fluman
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CONVENOR SIGN: Man 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



Prof Gurmohindar Singh (Principal)





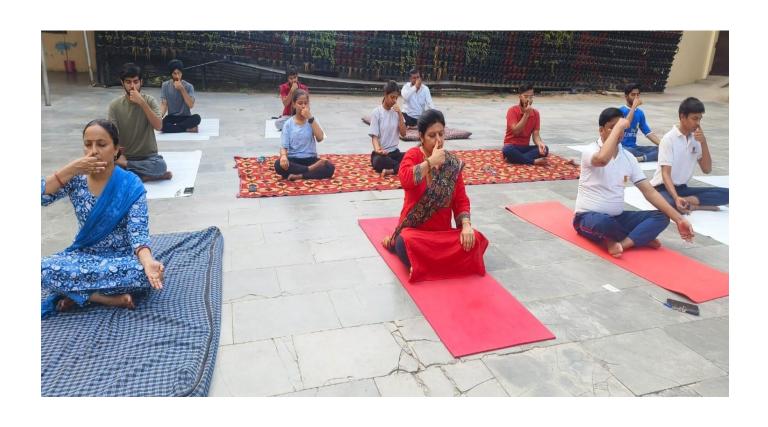
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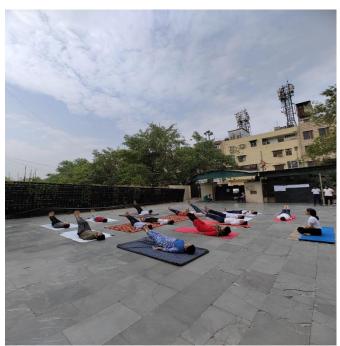
Pictures:

















Signature: Man

Name: Dr. Mamta Ahuja [NSS Programme Officer]