



**Sri Guru Nanak Dev Khalsa College**  
(University of Delhi)



**National Service Scheme**

**Presents**

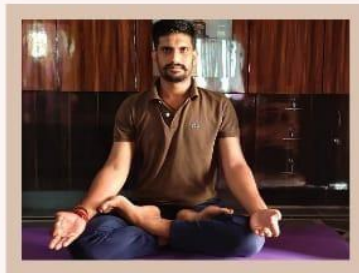


**Live Yoga Session**



**On the occasion of**

**INTERNATIONAL YOGA DAY**



**Mr. Shivraj Singh  
Shekhawat**

**(Yoga Instructor)  
MSc in Yoga**

**For queries contact :**

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**Date : 21st June, 2021**

**Time : 4:30 Pm**

**Venue : Google Meet**

**Prof. Gurmohinder Singh**  
(Otg. Principal)

**Dr. Deepmala**  
(NSS Programme Officer)

**Dr. Savilata Yadav**  
(Coordinator)

**SRI GURU NANAK DEV KHALSA COLLEGE**  
(University of Delhi)

LIVE YOGA SESSION ON OCCASION OF INTERNATIONAL YOGA DAY

Organised by: National Service Scheme

Date: 21 June 2021

Number of Participants: 44

NSS Unit of Sri Guru Nanak Dev Khalsa College organized live yoga session on occasion of "International Yoga Day"

The guest speaker of the day was, **Mr. Shivraj Singh Shekawat.**

He first told the importance of yoga and started with meditation with gayatri mantra chanting along with all the participants. Then he explained multiple asanas for various health issues. After that we all did basic ankle and neck movements before performing asanas. Then we all did few shoulder exercise besides that he explained about movements for cervical patients as well. He also talked about correct posture of using phone and sitting.

Other exercises and asanas are as follows:

- Back pain exercises
- Blood Pressure (pranayama)
- 5 asanas for diabetic patients
- Weight loss exercise
- Breathing techniques
- Different types of pranayama for thyroid patients

After the end of session he answered the following queries during question and answer session:

(1) Difference between power yoga and normal yoga

(2) Should we decrease exercise after losing an initial amount of weight

### (3)How to decrease nasal sound during yoga

The event was ended with our convenor Deepmala's vote of thanks.  
The duration of the webinar was 2 hours (4:30 PM- 6:30 PM).

