



Sri Guru Nanak Dev Khalsa College

Dev Nagar-110005

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Post-Event Report

Event	YOGA SYMPOSIUM
Topic	International Yoga Day
Organizer	National Service scheme
Date	19 th June, 2023
Time	10:30 am
Duration	2 hours
Place/Platform	Sri Guru Nanak Dev Khalsa College
Number of Participants	19
Guest Speaker/Trainer	Mr. Shivraj Singh Sekhawat
Welcome Speech	Dr. Mamta Ahuja
Introduction to the Speaker	Ms. Harpreet Bahri
Activities <ul style="list-style-type: none">● On the occasion of “International Yoga Day” NSS Unit of Sri Guru Nanak Dev Khalsa College organized YOGA SYMPOSIUM where we were honored to have Mr. Shivraj Singh Sekhawat as our speaker, his presence adds immense value our educational environment.● During the lecture, students delved into the philosophical aspects of yoga. They learned about the ethical principals of yoga, meditation practices and the integration of yoga into daily life.● The interactive discussions provided a platform for students to ask questions, share their own experiences and engage with meaningful conversations. This fostered a sense of community and allowed for a rich exchange of ideas and perceptive.● The session also incorporated elements of meditation and relaxation techniques, allowing students to explore the practice of inner peace and cultivating mindfulness. Through guided meditation and breathing exercises, students were encouraged to let go of distractions and be present in the moment.	



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Main Ideas

- The Main Idea behind organizing a Yoga Symposium in college is to provide a platform for students to delve into the diverse aspect of Yoga and its holistic benefits. It also aims to promote awareness, understanding, and engagement with yoga as a comprehensive practice encompassing physical, mental, spiritual well-being.
- Yoga is known for its ability to reduce stress, promote relaxation, and improve overall well-being. The symposium emphasizes the importance of self-care and offers techniques and practices that can be incorporated into daily life to manage stress, improve mental health, and foster a balanced lifestyle.
- To create an environment that supports learning, exploration, and engagement with yoga as a transformative practice. The symposium serves as a platform for education, skill development, and community-building, promoting a deeper understanding and appreciation for the benefits of yoga in various aspects of life.

Vote of thanks:Ms. Harpreet Bahri

Feedback:

Attendance sheet: Attendees

Sakshi, Vidushi, Sanjme, Tushar, Raghav, Harshdeep, Jyoti, Alok, Raj, Harshita, Rachi, Khushi, Smriti, Abhishek, Dimpy, Avleen, Joydee, Chara, Kritika



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Poster (Attach below)

50 **SRI GURU NANAK DEV KHALSA COLLEGE**
(UNIVERSITY OF DELHI)
NAAC ACCREDITED "A" GRADE

NATIONAL SERVICE SCHEME
Organises

"Yoga is the practice of quieting your mind"

MONDAY
19TH JUNE | 10:30 AM

GALLERY
(ROOM NO 18)

YOGA SYMPOSIUM

PROF. GURMOHINDER SINGH **MS. HARPREET BAHRI** **DR. MAMTA AHUJA**
(PRINCIPAL) (PROGRAMME OFFICER NSS) (PROGRAMME OFFICER NSS)

[nss.sgndkhalsa](#) [nss.sgndkhalsacollege](#)

Pictures (6 photos attached):



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Attach photocopy of two certificates



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*Harpreet
Bahri*

Signature:-

Name: - Ms. Harpreet Bahri

(Convenor)