



# Sri Guru Nanak Dev Khalsa College

## Dev Nagar-110005

Sri Guru Nanak Dev Khalsa College  
Dev Nagar-110005

### Post-Event Report

<b>Event</b>	Yoga Session
<b>Topic</b>	International Yoga Day
<b>Organizer</b>	National Service Scheme
<b>Date</b>	21st June 2023
<b>Time</b>	8:00 am
<b>Duration</b>	2 hours
<b>Place/Platform</b>	College Premises (Parking Area)
<b>Number of Participants</b>	20
<b>Guest Speaker/Trainer</b>	Mr. Shivraj Singh Shekhawat
<b>Welcome Speech</b>	NA
<b>Introduction to the Speaker</b>	Dr. Mamta Ahuja
<b>Activities</b> <ul style="list-style-type: none"><li>● On the Occasion of "INTERNATIONAL YOGA DAY" NSS Unit of Sri Guru Nanak Dev Khalsa college organized a Yoga Session.</li><li>● The session was held in the parking area of the college and was attended by approximately 21 participants.</li><li>● The session was led by our yoga instructors Mr. Shivraj Singh Shekhawat, who introduced the participants to various yoga poses, breathing techniques, and mindfulness exercises.</li><li>● Throughout the session, the instructor emphasized the benefits of yoga, such as reducing stress, improving flexibility and balance, and boosting overall physical and mental well-being. Participants were encouraged to participate in the exercises at their own pace and comfort level.</li><li>● The session received positive feedback from the participants, who appreciated the opportunity to practice yoga in the comfort of their own homes.</li></ul>	



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### Main Ideas:

- To celebrate “International Yoga Day”.
- To promote physical and mental wellness and provide a safe and supportive environment for students to practice yoga.
- To make students aware of the benefits of yoga.
- The instructor emphasized the benefits of yoga, such as reducing stress, improving flexibility and balance, and boosting overall physical and mental well-being. Participants were encouraged to participate in the exercises at their own pace and comfort level.

**Vote of thanks:** Mr. Shivraj Singh Shekhawat

### Feedback:

- At the end of the session, participants were encouraged to provide feedback through evaluation forms. The feedback received was overwhelmingly positive, with participants expressing appreciation for the opportunity to learn and practice yoga. They highlighted the following aspects of the session:
- Clear and engaging instructions provided by the guest trainer.
- A well-structured session that catered to participants of varying skill levels.
- Increased awareness of the benefits of yoga and its positive impact on mental and physical well-being.



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### Attendance sheet: Attendees

Khushi , Ashi , Jyoti, Avleen, Raj, Raghav, Harshdeep, Amrit, Rachit, Joydeep, Anuradha, Aniket, Nishit, Alok, Kritika, Diya, Vidushi, Sakshi, Harshita, Dimpy

### Poster:





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## Pictures:





**Sri Guru Nanak Dev Khalsa College**  
**Dev Nagar-110005**

*Harpreet  
Bahri*

**Signature:-**

**Name: - Ms. Harpreet Bahri**

**(Convenor)**