



Sri Guru Nanak Dev Khalsa College

Dev Nagar-110005

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Post-Event Report

Event	Yoga Inaugural Ceremony In University Of Delhi
Topic	International Yoga Day
Organizer	University of Delhi
Date	21 st June, 2023
Time	10:30 am
Duration	3 hours
Place/Platform	North Campus, University of Delhi
Number of Participants	06
Guest Speaker/Trainer	NA
Welcome Speech	NA
Introduction to the Speaker	NA
Activities <ul style="list-style-type: none">● On 21st June, NSS Volunteers of Sri Guru Nanak visited the north campus , Delhi University for the Yoga Inaugural Ceremony. It was the first day of a week long program.● During the interaction with professors, students delved into the philosophical aspects of yoga. They learned about the ethical principles 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 week-long seminar on yoga for 'Vasudhaiva kutumbakam' 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:

Feedback:

Attendance sheet: Attendees

Amritpreet, Harshdeep, Aditya, Garvit, Rachit, Sparsh



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PICTURES [3 BELOW]





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*Harpreet
Bahri*

Signature:-

Name: - Ms. Harpreet Bahri

(Convenor)