



# **Sri Guru Nanak Dev Khalsa College**

## **Dev Nagar-110005**

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### **Post-Event Report**

<b>Event</b>	CONFERENCE ON YOGA
<b>Topic</b>	Yoga For Public Health & Prosperity
<b>Organizer</b>	Delhi University
<b>Date</b>	23 <sup>d</sup> June, 2023
<b>Time</b>	02:30 pm
<b>Duration</b>	3 hours
<b>Place/Platform</b>	University Of Delhi
<b>Number of Participants</b>	10
<b>Guest Speaker/Trainer</b>	N/A
<b>Welcome Speech</b>	N/A
<b>Introduction to the Speaker</b>	N/A
<b>Activities</b> <ul style="list-style-type: none"><li>• Speech given by all guest speakers about importance of Yoga</li></ul>	



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### **Main Ideas**

- The Main Idea behind organizing a Conference on Yoga at University Of Delhi is to provide a platform for everyone 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: Dr. Mamta Ahuja**

**Feedback:**

**Attendance sheet: Attendees**

**Joydeep, Alok, Amritpreet, Ashi, Harshita, Raghav, Raj, Sparsh, Ishan, Anush**



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Pictures (3 photos attached):





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**Attach photocopy of two certificates**

**Signature:-**

**Name: - Dr. Mamta Ahuja**

**(Convenor)**