



Sri Guru Nanak Dev Khalsa College

Dev Nagar-110005

Sri Guru Nanak Dev Khalsa College
Dev Nagar-110005

Post-Event Report

Event	Yoga closing Ceremony at University of Delhi
Topic	International Yoga Day
Organizer	University of Delhi
Date	27 th June 2023
Time	13:45
Duration	2 hours
Place/Platform	North Campus, University of Delhi
Number of Participants	13
Guest Speaker/Trainer	NA
Welcome Speech	NA
Introduction to the Speaker	NA
Activities <ul style="list-style-type: none">● On 27th June, NSS Volunteers of Sri Guru Nanak visited the north campus, Delhi University for the Grand closing Ceremony of the yoga week.● 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 perceptives.● Closing rituals were done accordingly to express gratitude collectively for the teachers and community● Blessing and a last prayer were offered to acknowledge and honor the practice	
Main Ideas <ul style="list-style-type: none">● 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.	



Sri Guru Nanak Dev Khalsa College Dev Nagar-110005

- 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.
- The closing ceremony was a vibrant fusion of peace, unity, and mindfulness.

Vote of thanks:NA

Feedback:

Attendance sheet: Attendees

Nishit, Ishan, Sparsh, Vidushi, Joydeep, Alok, Amritpreet, Dikshant, Garvit, Anush, Dimpy, Ashi, Aysha

PICTURES [4 BELOW]





Sri Guru Nanak Dev Khalsa College

Dev Nagar-110005





Sri Guru Nanak Dev Khalsa College

Dev Nagar-110005





Sri Guru Nanak Dev Khalsa College

Dev Nagar-110005





Sri Guru Nanak Dev Khalsa College
Dev Nagar-110005

Signature: -

Name: - Dr. Mamta Ahuja

(Convenor)