

# 8<sup>th</sup> INTERNATIONAL DAY OF YOGA - 2022

## YOGA CAMP for COMMUNITY

(From 21<sup>st</sup> May to 21<sup>st</sup> June, 2022), Time - 7.00am - 8.45am



ORGANIZED BY



Indira Gandhi Institute of Physical Education & Sports Sciences  
& IQAC, IGIPSS (University of Delhi)

### Sub Theme: HEALTHY LIFESTYLE THROUGH YOGA

(On May 28, 2022, Saturday at 8.00 AM)

#### CHIEF GUEST



**MR. SURENDER JAGLAN**  
Chairman, GB, IGIPSS



**PROF. BALARAM PANI**  
Dean of Colleges, DU



**Prof. Sandeep Tiwari**  
Principal (Officiating)



**Prof. J. P. Sharma**  
Coordinator



**Prof. Tarak Nath Pramanik**  
Co-coordinator



**Prof. Samiran Chakraborty**  
Convener, IQAC

TEACHING STAFF, NON-TEACHING STAFF & STUDENTS

8<sup>th</sup> INTERNATIONAL DAY OF YOGA - 2022



# FREE YOGA CAMP

(From 21<sup>st</sup> May to 21<sup>st</sup> June, 2022)

Time -7.00am -8.45am

ORGANIZED BY



**Indira Gandhi Institute of Physical Education & Sports Sciences**

**In collaboration with**

**IQAC, IGIPSS (University of Delhi)**

**Venue : GYMNASIUM HALL, IGIPSS (DU)**

Prof. J.P. Sharma  
Coordinator

Prof. Taraknath Pramanik  
Co-Coordinator

Prof. Samiran Chakraborty  
Convener, IQAC

Prof. Sandeep Tiwari  
Principal (officiating)

Contact Person: Mr. Ajay (8756152406) Mr. Tarun (8826583651)



Dated: 21/05/22 to 21/06/22

## Yoga Camp

### Report

The Yoga camp for the community started on 21/05/22. The chief guest was “**Mr Surender Jaglan**” (chairman, GB, IGIPESS) and “**Mr. Surender Kumar**” (Treasurer, GB, IGIPESS) and the chairman for the Yoga Camp was “**Prof. Sandeep Tiwari**” (officiating principal of IGIPESS) and “**Prof. Samiran Chakraborty**” (convener, IQAC), “**Prof. J.P. Sharma**” (coordinator), “**Prof. Tarak Nath Pramanik**” (Co-coordinator) including teaching & non-teaching staff were also present.



The Yoga Camp was organized in the Gymnasium Hall of IGIPESS on the occasion of 8<sup>th</sup> International Day of Yoga.



The camp was of one month i.e. from 21/05/22 to 21/06/22.

The camp timings used to be from 7.00am-8.45am daily for a month.

There were around 350 participants of all age categories.

The themes taken up for this camp were Yoga for Humanity and Healthy Living Through Yoga as these days Yoga is very essential for our health.

During the camp various Asana i.e. supine line, prone line, sitting & standing and Pranayama i.e. 'Anulom Vilom' & 'Surya Bhedana pranayama' were taught and the participants were also told about different ways of healthy living. The participants performed with great zeal and they felt happy about it. Many of the participants reverted by telling that they felt positive difference in their health because of the Yoga camp and also requested to organize this camp on daily basis throughout the year.

The session ran smoothly and there was a Yoga demonstration put up by the yoga students of IGIPESS.



Lastly the program was concluded by a vote of thanks by the co-coordinator "**Prof. Tarak Nath Pramanik**".

**Prof. Tarak Nath Pramanik**  
**Co-Coordinator, Yoga Camp**



## INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

(University of Delhi)  
B-Block, Vikaspuri, New Delhi-110 018.



### Yoga Camp

Date: 28/05/2022

#### Report

For 28/05/22 The chief guest was “**Prof. Balram Pani**” (Dean of Colleges, DU), other guests were “**Mr Surender Jaglan**” (chairman, GB, IGIPSS), “**Prof. Sandeep Tiwari**” (officiating principal of IGIPSS) other guests included “**Prof. J.P. Sharma**” (coordinator), “**Prof. Tarak Nath Pramanik**” (Co-coordinator) and “**Prof. Samiran Chakraborty**” (convener, IQAC), “**Prof. Ashok Kumar Singh**”, “**Prof. Rajbeer Singh**”, “**Prof. Snadhya Tiwari**”, “**Dr. Ekta Bhushan**”, “**Dr. Meenakshi**” and other Teaching and Non- Teaching members.



The program began at 7:00 a.m. with the yoga session.

The chief guest “**Prof. Balram Pani**” was welcomed by “**Prof. Sandeep Tiwari**”.



The Sub-theme for the day was Healthy Lifestyle through Yoga. The chief guest “**Prof. Balram Pani**” elaborated by saying that Yoga, which helps to keep your body & mind healthy also changes the way you live your life and it allows you to adopt a positive lifestyle.

Lastly a vote of thanks was delivered by Co-coordinator “**Prof. Tarak Nath Pramanik**”.

**Prof. Tarak Nath Pramanik**  
Co-Coordinator, Yoga Camp



## INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

(University of Delhi)

B-Block, Vikaspuri, New Delhi-110 018.



Date: 18/06/2022

### Yoga Camp

#### Report

For 18/06/22 the program started at 7:00 a.m. The chief guest was “**Prof. Sandeep Tiwari**” (officiating principal of IGIPESS) other guests included “**Prof. J.P. Sharma**” (coordinator), “**Prof. Tarak Nath Pramanik**” (Co-coordinator) and “**Prof. Samiran Chakraborty**” (convener, IQAC).



The session was conducted by “**Mr. Mahesh**” & “**Mr. Tarun**” (yoga experts) on Musical Yoga therapy. Yoga therapy nourishes the health of your mind, body, & soul. The participants attended the yoga therapy session with great enthusiasm.



Lastly a vote of thanks was delivered by Co-coordinator “**Prof. Tarak Nath Pramanik**”.

**Prof. Tarak Nath Pramanik**  
Co-Coordinator, Yoga Camp



## INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

(University of Delhi)

B-Block, Vikaspuri, New Delhi-110 018.



Date: 20/06/2022

### Yoga Camp

#### Report

For 20/06/22 The chief guest was “**Mr Sanjeev Sharma**” (Vice President, Delhi Olympic Association), guests of honor were “**Mr. Rajendra Yadav**” (President Maitry Education & Welfare Society) and “**Mr Surender Jaglan**” (chairman, GB, IGIPSS) and the chairman for the Yoga Camp was “**Prof. Sandeep Tiwari**” (officiating principal of IGIPSS) other guests included “**Prof. J.P. Sharma**” (coordinator), “**Prof. Tarak Nath Pramanik**” (Co-coordinator) and “**Prof. Samiran Chakraborty**” (convener, IQAC).



The program began at 7:00 a.m. with the yoga session.

After that the chief guest was felicitated by the officiating principal of IGIPSS.

The Sub-theme for the day was Yoga for Humanity. When applied to communities and societies, Yoga offers a path to sustainable living and helps in staying healthy and rejuvenated also fight social isolation and depression.

Lastly a vote of thanks was delivered by Co-coordinator “**Prof. Tarak Nath Pramanik**”.

**Prof. Tarak Nath Pramanik**  
Co-Coordinator, Yoga Camp





## INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

(University of Delhi)

B-Block, Vikaspuri, New Delhi-110 018.



Date: 21/06/2022

### Yoga Camp

#### Report

For 21/06/22 The chief guest was "**Shri Manish Sisodia**" (hon'ble Deputy Chief Minister Govt. of N.C.T. of Delhi), guests of honor were "**Mr. Surender Kumar**" (Treasurers, GB, IGIPESS) and "**Mr Surender Jaglan**" (chairman, GB, IGIPESS) and the chairman for the Yoga Camp was "**Prof. Sandeep Tiwari**" (officiating principal of IGIPESS). "**Prof. J.P. Sharma**" (coordinator), "**Prof. Tarak Nath Pramanik**" (Co-coordinator) and "**Prof. Samiran Chakraborty**" (convener, IQAC).



This was the last day for one month yoga camp.

The program started at 7:00 a.m. with the Felicitation of guests.

During the session of the day The Common Yoga Protocol was followed according to which the participants performed the asana and pranayama. The participants performed with great zeal and they felt happy about it. Many of the participants reverted by telling that they felt positive difference in their health.

The Principal then addressed the gathering which was preceded by the chief guest's speech and later by the Guest of Honour.





The Chairman of Governing body and the principal of IGIPSS agreed on continuing the Yoga Camp throughout the year.

After that the students of IGIPSS gave a Yoga Demonstration.



Lastly a vote of thanks was delivered by Co-coordinator "**Prof. Tarak Nath Pramanik**".

A handwritten signature in blue ink, which appears to be "Tarak Nath Pramanik".

**Prof. Tarak Nath Pramanik**  
Co-Coordinator, Yoga Camp

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## अंतरराष्ट्रीय योग दिवस

21.06.2022



संस्थान में दिनांक 21 जून 2022 को अंतरराष्ट्रीय योग दिवस मनाया गया। इस मौके पर संकाय समिति के अध्यक्ष श्री सुरेंद्र जागलान, कोषाध्यक्ष श्री सुरेंद्र कुमार एवं खेल टुडे के प्रधान संपादक श्री राकेश थपलियाल जी मौजूद रहे। सर्वप्रथम संस्थान के प्राचार्य प्रोफेसर संदीप तिवारी जी ने सभी अतिथि गणों का हार्दिक अभिनंदन किया एवं अपने भाषण में प्रतिभागियों को योग को दैनिक झरिया में जोड़ने का आग्रह किया। प्रतिभागियों की तौर पर संस्थान के छात्रों शिक्षण एवं गैर शिक्षण कर्मचारियों ने भाग लिया। इस कार्यक्रम के समन्वयक प्रो. जे.पी. शर्मा एवं सह समन्वयक "प्रो. तारक नाथ प्रमाणिक" भी मौजूद रहे।

