

8th INTERNATIONAL DAY OF YOGA - 2022 YOGA CAMP for COMMUNITY

(From 21st May to 21st June, 2022), Time -7.00am -8.45am



ORGANIZED BY



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

Venue : GYMNASIUM HALL, IGIPESS (DU)

RSVP



Mr. SURENDER KUMAR
Treasurer, Governing Body, IGIPESS



MR. SURENDER JAGLAN
Chairman, Governing Body, IGIPESS



Prof. Sandeep Tiwari
Principal (Officiating)

TEACHING STAFF, NON-TEACHING STAFF & STUDENTS



INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

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



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, IGIPES) and “**Mr. Surender Kumar**” (Treasurer, GB, IGIPES) and the chairman for the Yoga Camp was “**Prof. Sandeep Tiwari**” (officiating principal of IGIPES) 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 IGIPES on the occasion of 8th 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 IGIPSS.



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



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उद्घाटन सत्र

प्रतिवेदन

एक महीने का
समुदाय के लिए
योग कार्यक्रम
21.05.2022 से 21.06.2022



कार्यक्रम का उद्घाटन संस्थान की संकाय समिति के अध्यक्ष श्री सुरेंद्र जागलान जी ने किया एवं कार्यक्रम में मुख्य अतिथि के रूप में अध्यक्षता की। इस कार्यक्रम के दौरान संकाय समिति के कोषाध्यक्ष श्री सुरेंद्र कुमार जी भी उपस्थित रहे | संस्थान के प्राचार्य प्रो. संदीप तिवारी जी ने योग शिविर कार्यक्रम के चेयरमैन के रूप में जिम्मेदारियों का वाहन किया | प्रो. जे.पी. शर्मा और प्रो. तारकनाथ प्रमाणिक इस कार्यक्रम के क्रमशः समन्वयक एवं सह-समन्वयक थे। शिक्षण एवं गैर शिक्षण अधिकारियों / कर्मचारियों और छात्रों ने अपनी उपस्थिति दर्ज कर कार्यक्रम को सफल बनाया

संस्थान द्वारा समुदाय के लिए 21 मई 2022 से 21 जून 2022 तक संस्थान के बहुउद्देशीय हॉल में एक महीने का योग कार्यक्रम शुरू किया गया था। शिविर का समय सुबह 7 बजे से 8:45 बजे तक निर्धारित किया गया था। शिविर का विषय "योग के माध्यम से मानवता और स्वस्थ जीवन के लिए योग" था। प्रतिभागियों ने विभिन्न आसन और प्राणायाम भी किया। सत्र सुचारू रूप से चला और संस्थान के योग छात्रों ने एक उत्कृष्ट डेमोस्ट्रेशन प्रस्तुत किया



