

NATIONAL SERVICE SCHEME JANKI DEVI MEMORIAL COLLEGE INTERNATIONAL YOGA DAY CELEBRATION



NSS JDMC in collaboration
with NSS NSUT
presents

WORKSHOP

on the occasion of
International Day of Yoga

Promoting Common Yoga Protocol

9Am
Onwards

Prof. Swati Pal
(Principal)

Dr. Jayanti P Sahoo
(Programme Coordinator)



14th-19th June
1hr each

21st June
2hr session

Acharyaa Swati Jha

E certificate will be provided (Those who attend the workshop daily)

Prof. Swati Pal, Principal JD MC

Programme Coordinator

Dr. Jyanti P. Sahoo, Teacher-in-Charge, Associate Professor,
NSS, JD MC, DU

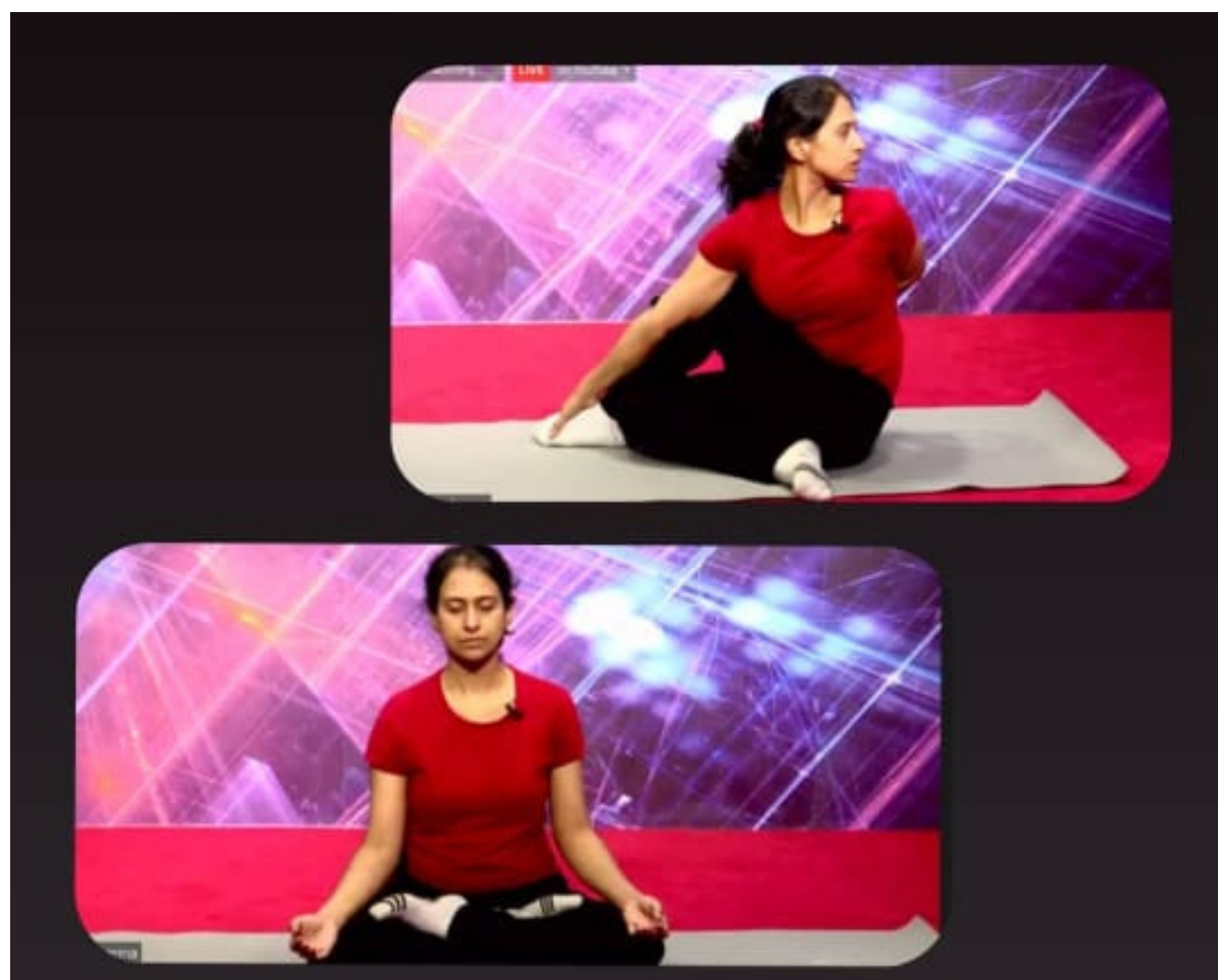
Student Organiser

Amisha Jaryal, NSS President

Warisha Shamim, NSS Vice-President

Few Glimpse from the Webinar







Workshop
on the occasion of
International Day of Yoga

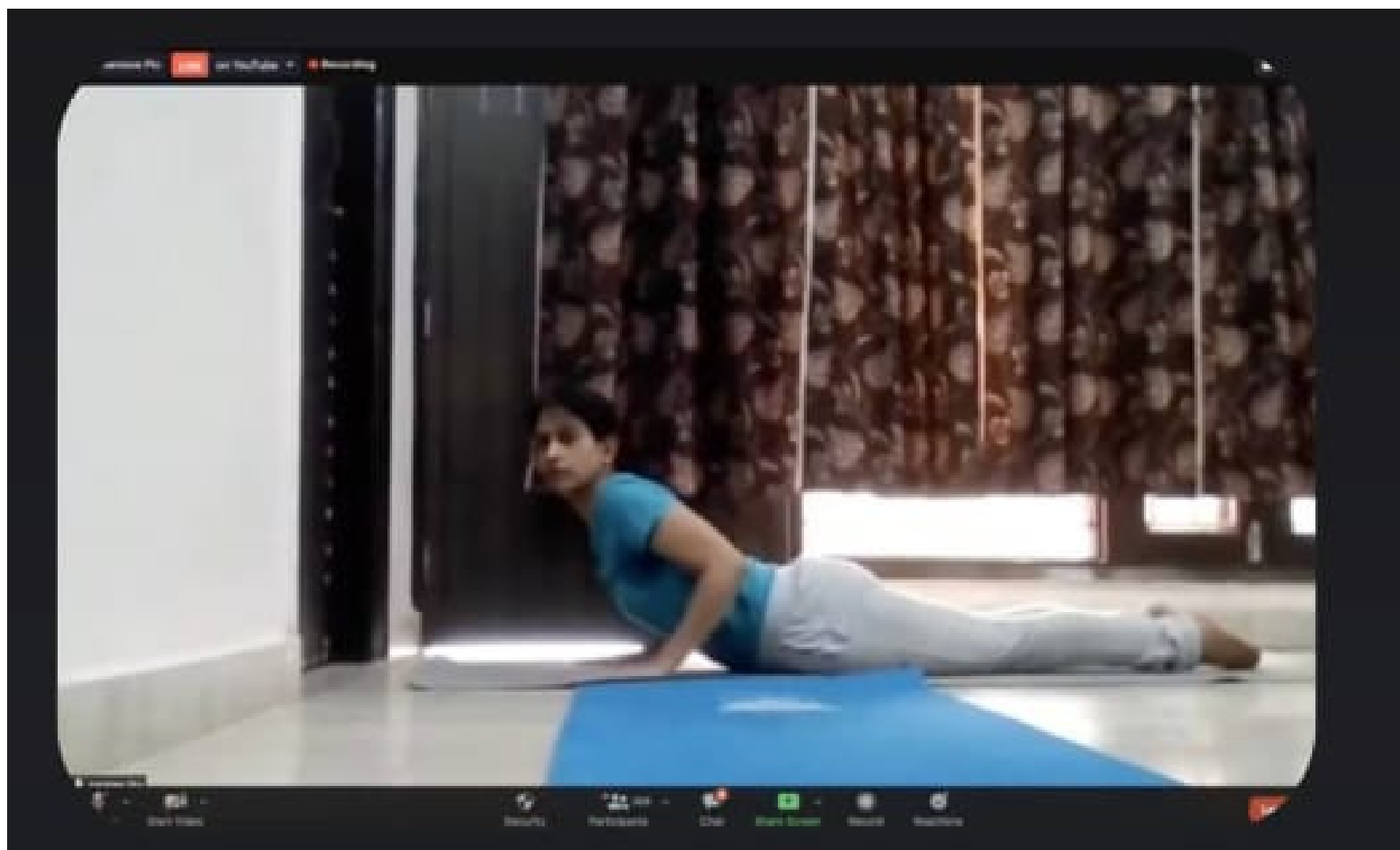
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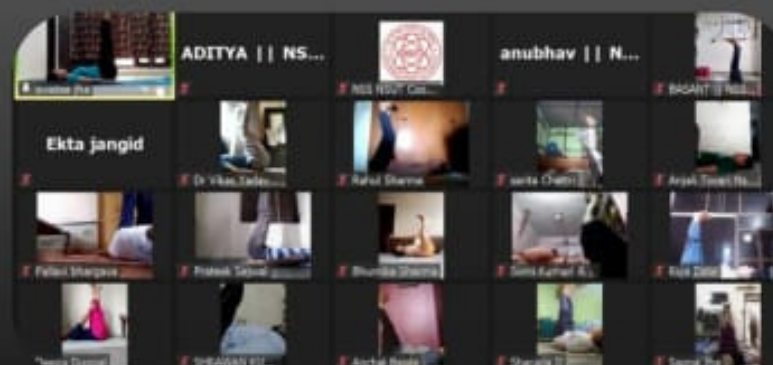
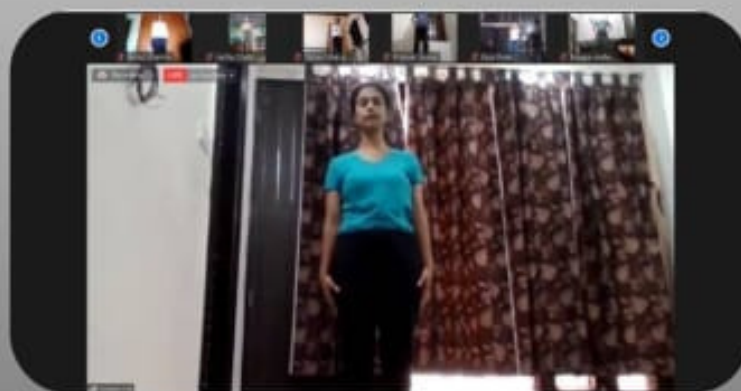
Day

17th June, 2021

9 Am Onwards







REPORT

The National Service Scheme, Janki Devi Memorial College, University of Delhi, in collaboration with NSS NSUT CELL organized a 7-day series of workshop on the occasion of International Yoga Day from 14 July to 19 July and 21 July. It was an informative session and had helped us in our journey of a healthier life. The event was conducted on Zoom and was also streamed live on YouTube.

The session started with the NSS song and after that session began with the welcome of attendees, then the yoga session began, by Acharya Swati Jha.

We are proud to tell you that we received more than 1500+ registrations for this session and 1000+ attendees and all the attendees connected with the session on Zoom and social media platforms. Many NSS volunteers, faculty members and students attended the session. The attendees are regularly attending the sessions.

They were actively participating and enjoying the yoga session.

The asana's covered in sessions were

Pran kriya, Surya Namaskar, Asana, Pranayama, meditation.

It was a thrilling session and was fully enjoyed by the participants.