

Date-21 June 2022

REPORT ON INTERNATIONAL YOGA DAY

TITLE OF ACTIVITY - International Yoga Day

PURPOSE AND OBJECTIVES – The fundamental aim of yoga is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development.

DEPARTMENT – IPEM Law Academy

DATE (S) – 21 June 2022

TIME (s) - FROM 9:00 AM to 11:00 AM

CONVENER (s) – Dr. Minakshi Tomar (Convener)
Ms. Sonam Singh

CATEGORY AND NUMBER OF PARTICIPANTS - All Faculty, Staff members and Students of IPEM.

SOCIAL MEDIA USED FOR PROMOTION – WhatsApp group

CONDUCT METHODOLOGY –

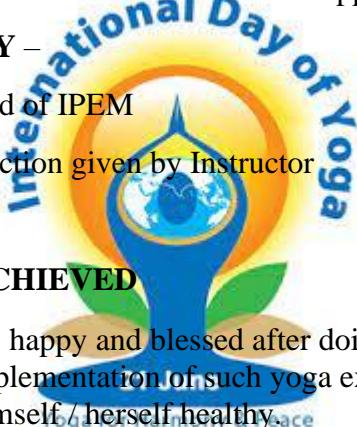
Step-1 Assemble in Front Ground of IPEM

Step-2- Yoga Exercises as instruction given by Instructor

Step-3 Breakfast in Mess

OUTCOMES & RESULTS ACHIEVED

- Everyone was happy and blessed after doing yoga exercises and take pledge for implementation of such yoga exercises in his/her daily routine life to keep himself / herself healthy.
- Everybody was sharing some good thought to each other after doing exercises on Yoga such as -
- Yoga Gives Better Flexibility and Posture



OBSERVATIONS & SHORTCOMINGS

Good time for yoga exercise is early in the morning but due to availability of Yoga Instructor It Could not possible.

RECOMMENDATIONS FOR FUTURE IMPROVEMENTS

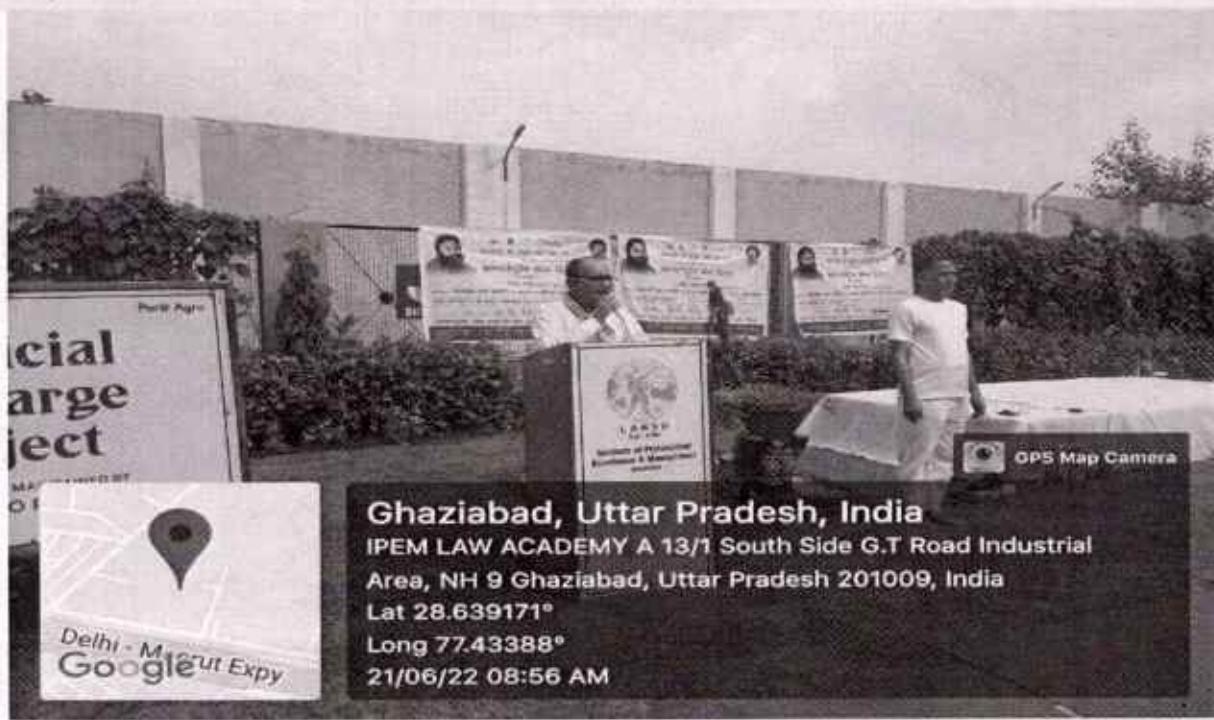
We shall try to celebrate this Yoga Day early in the morning in future so that participants can do better.

SIGN CONVENER

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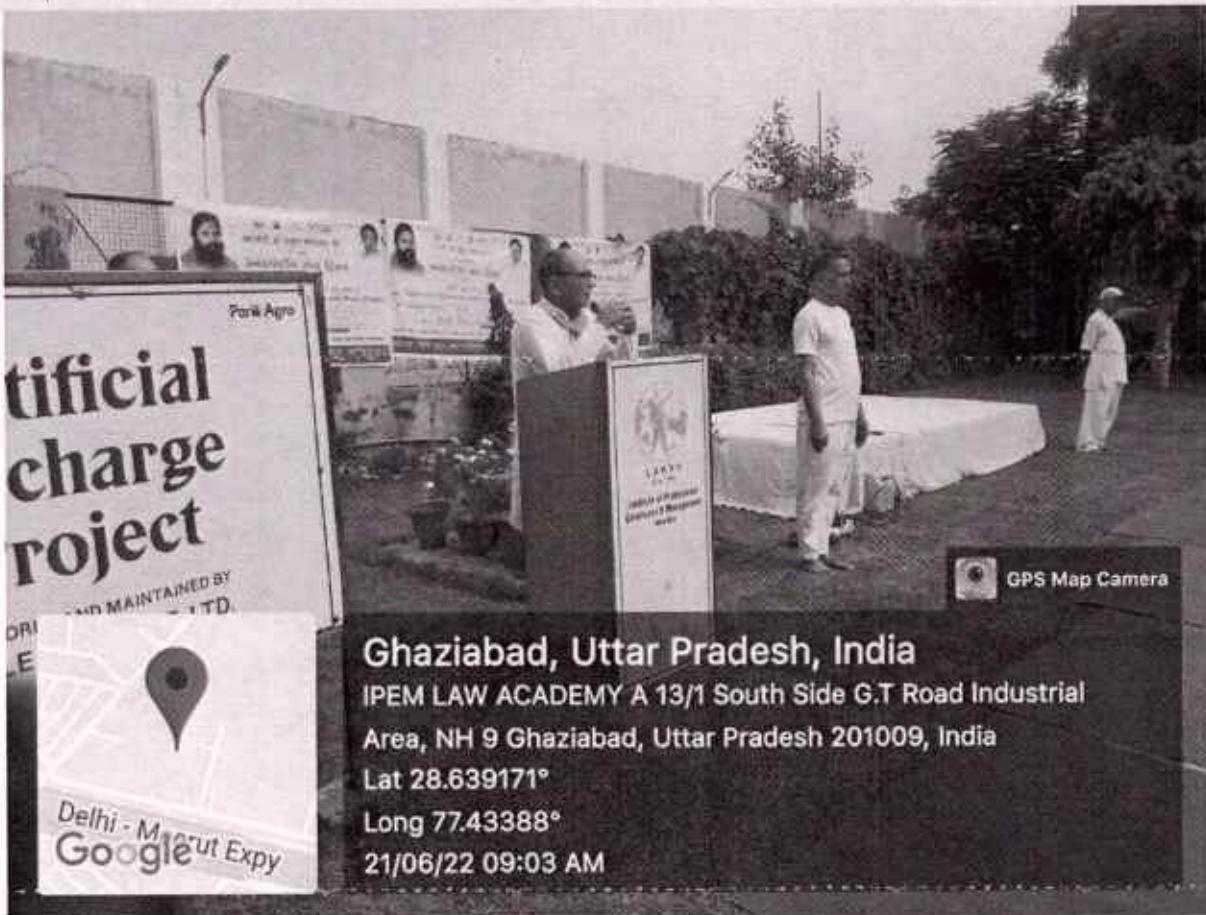


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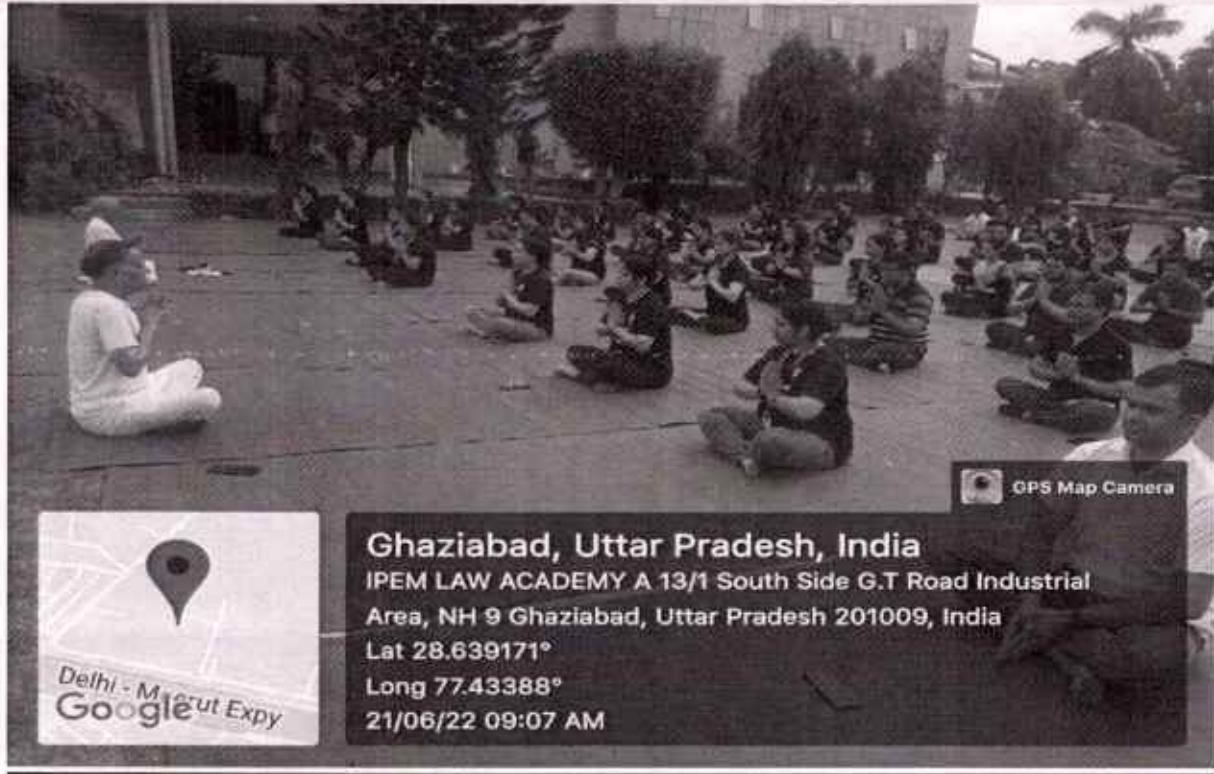
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Lat 28.639171°

Long 77.43388°

21/06/22 09:07 AM

GPS Map Camera



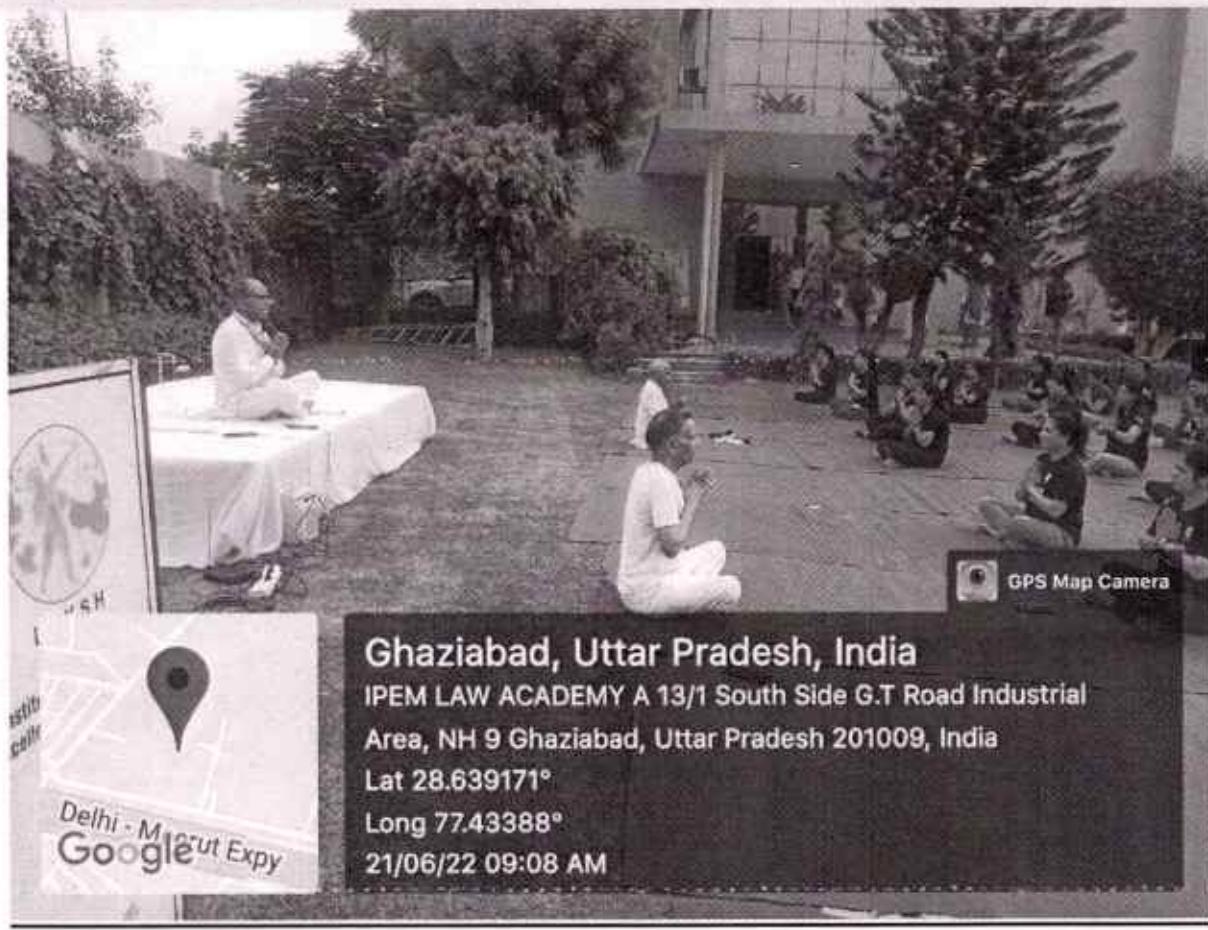
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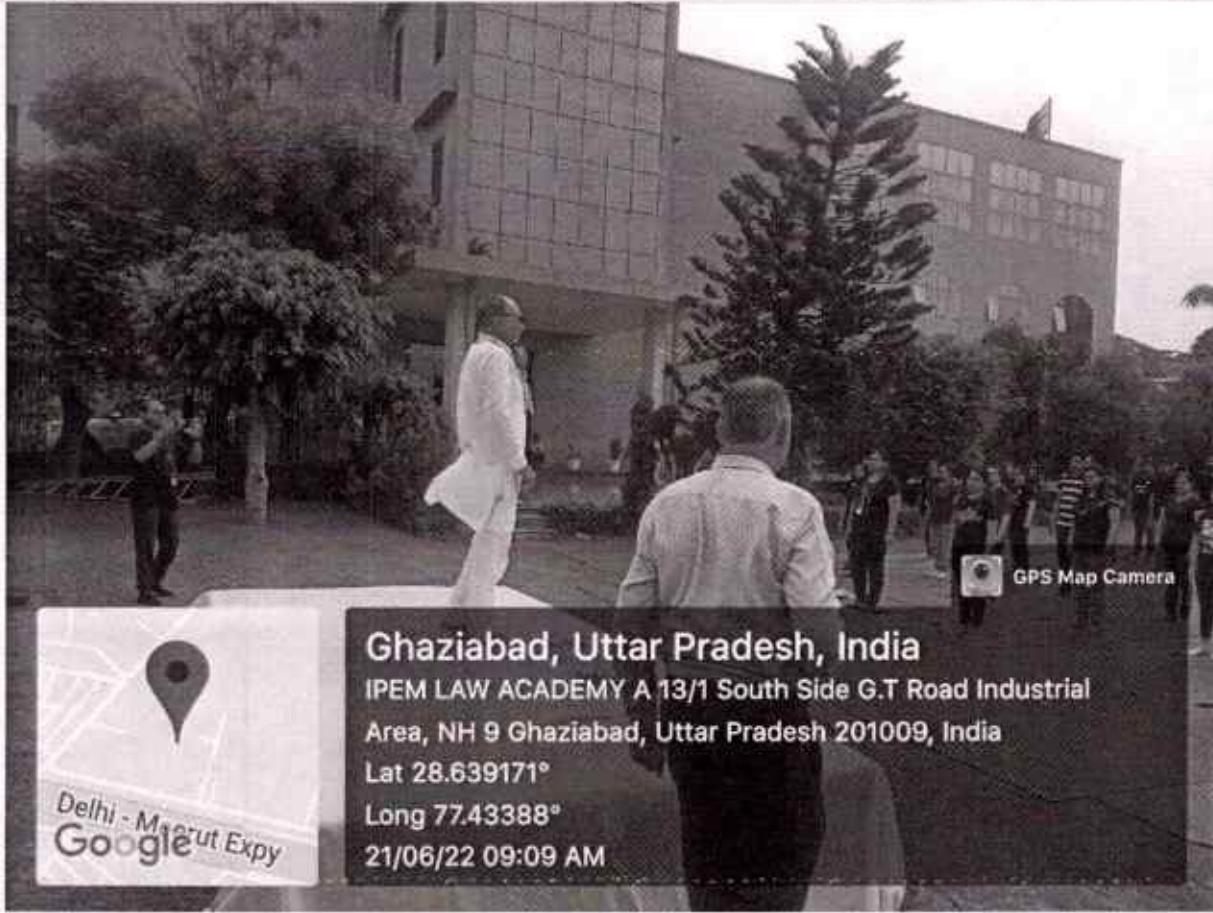
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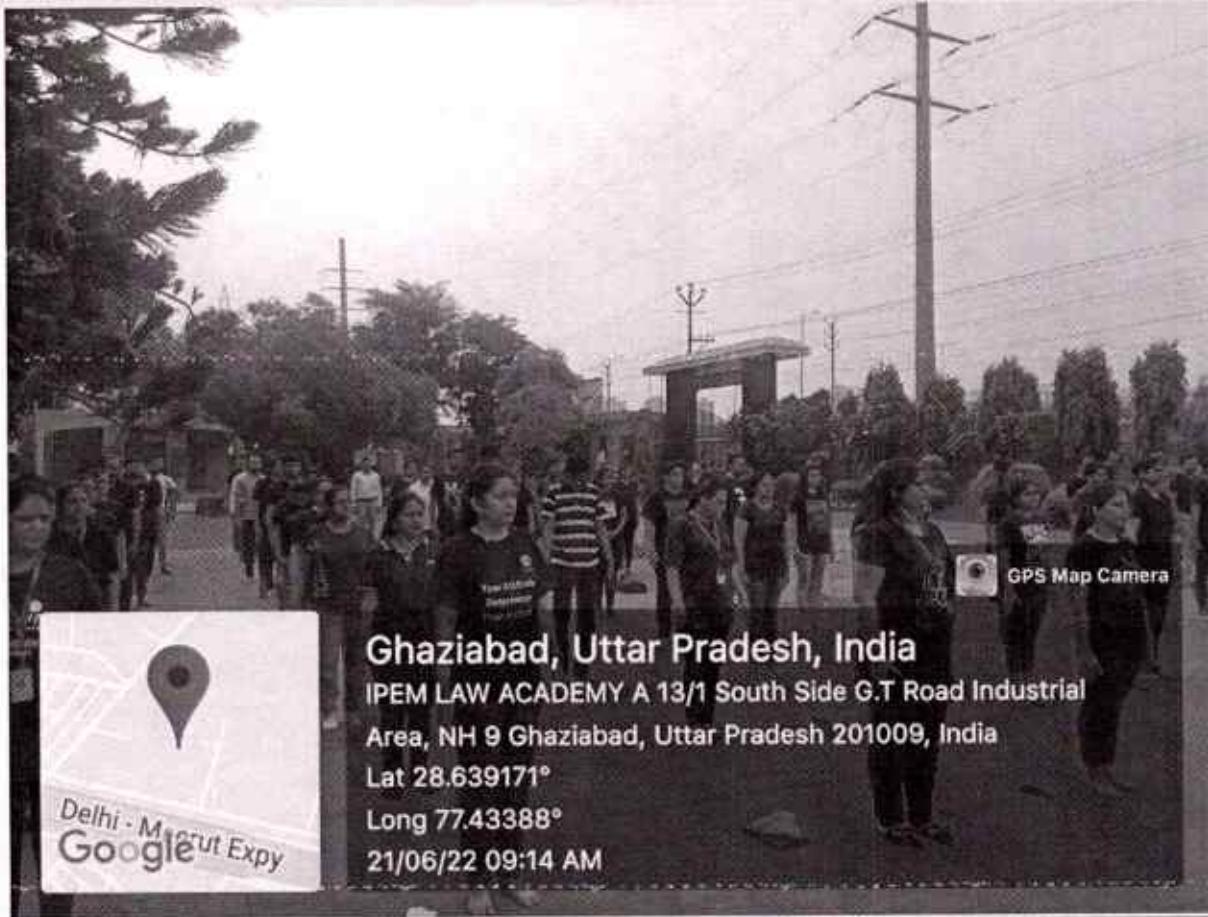


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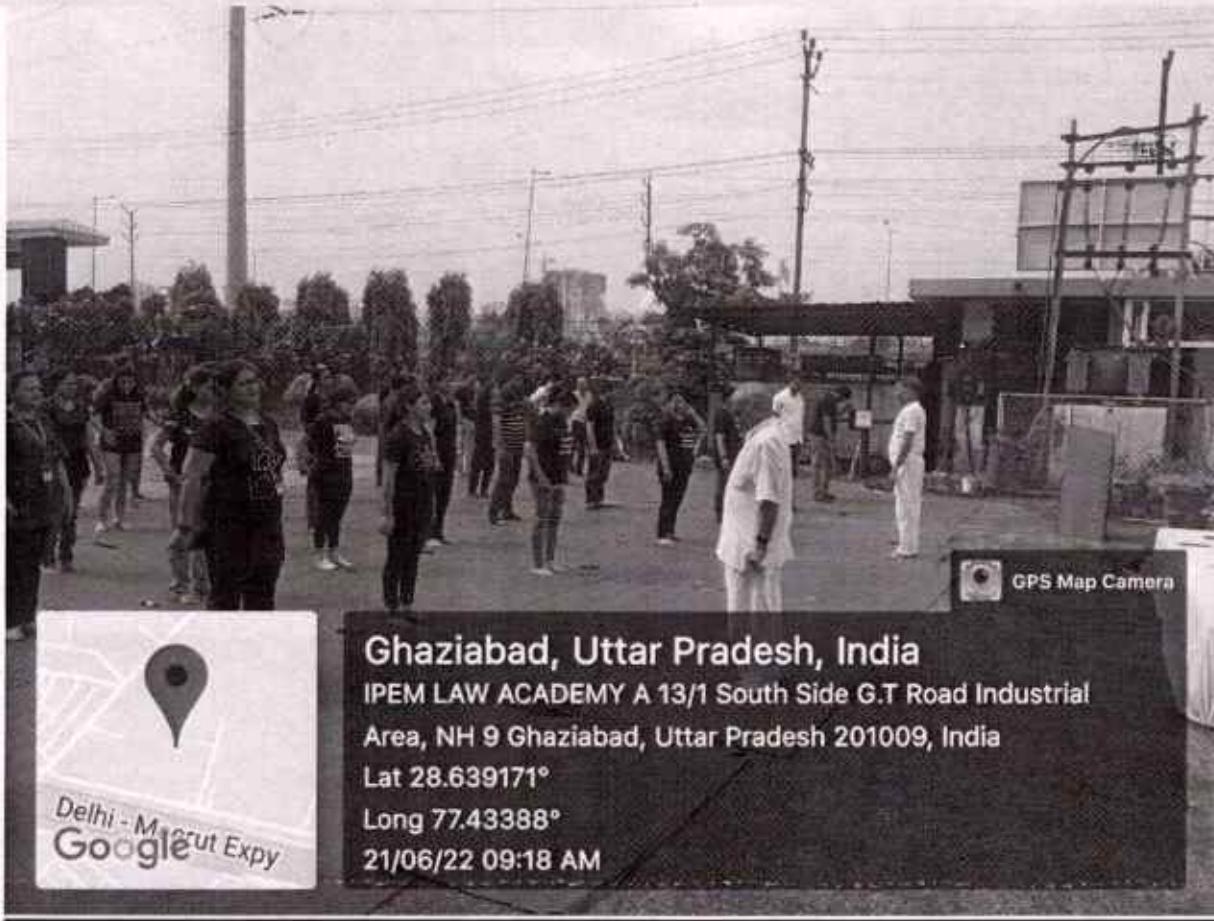
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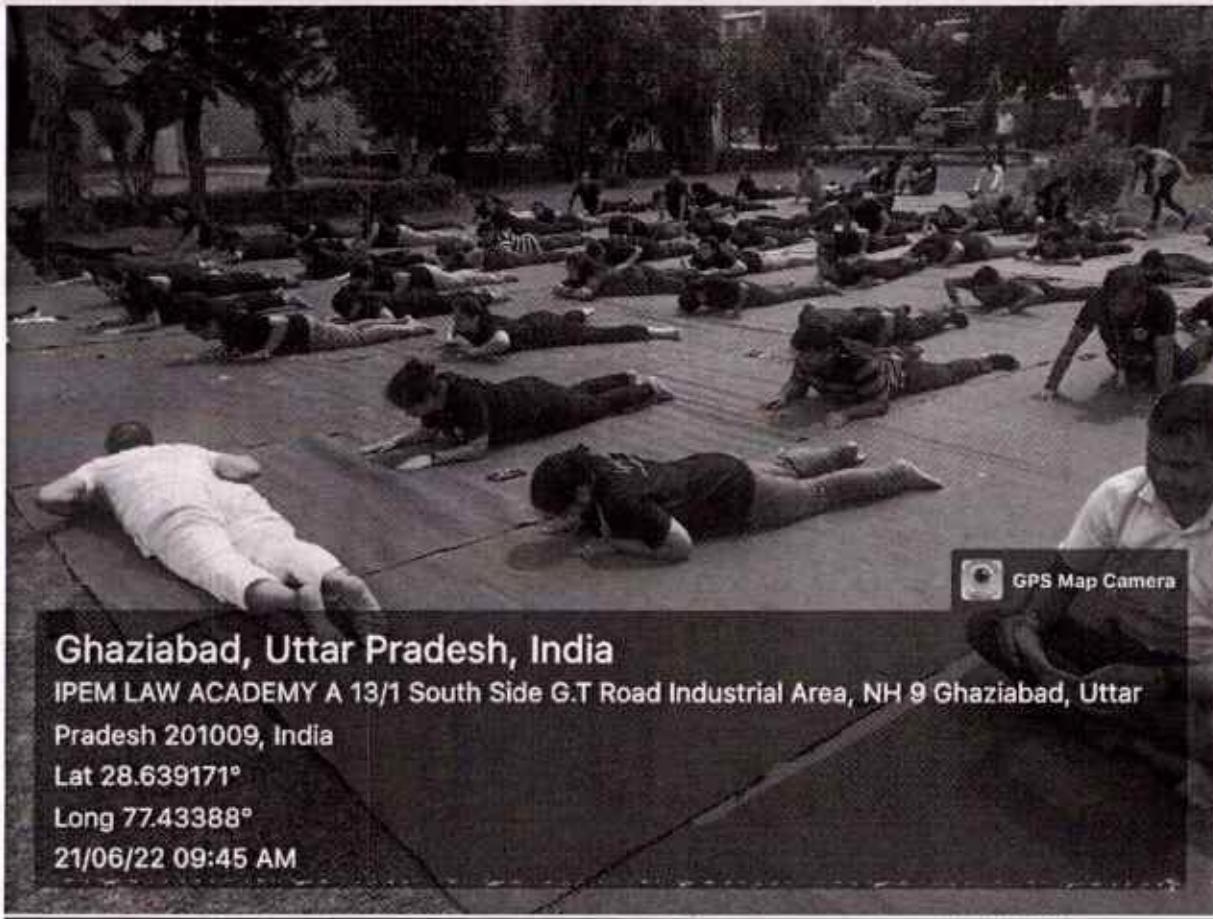
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