

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 o 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

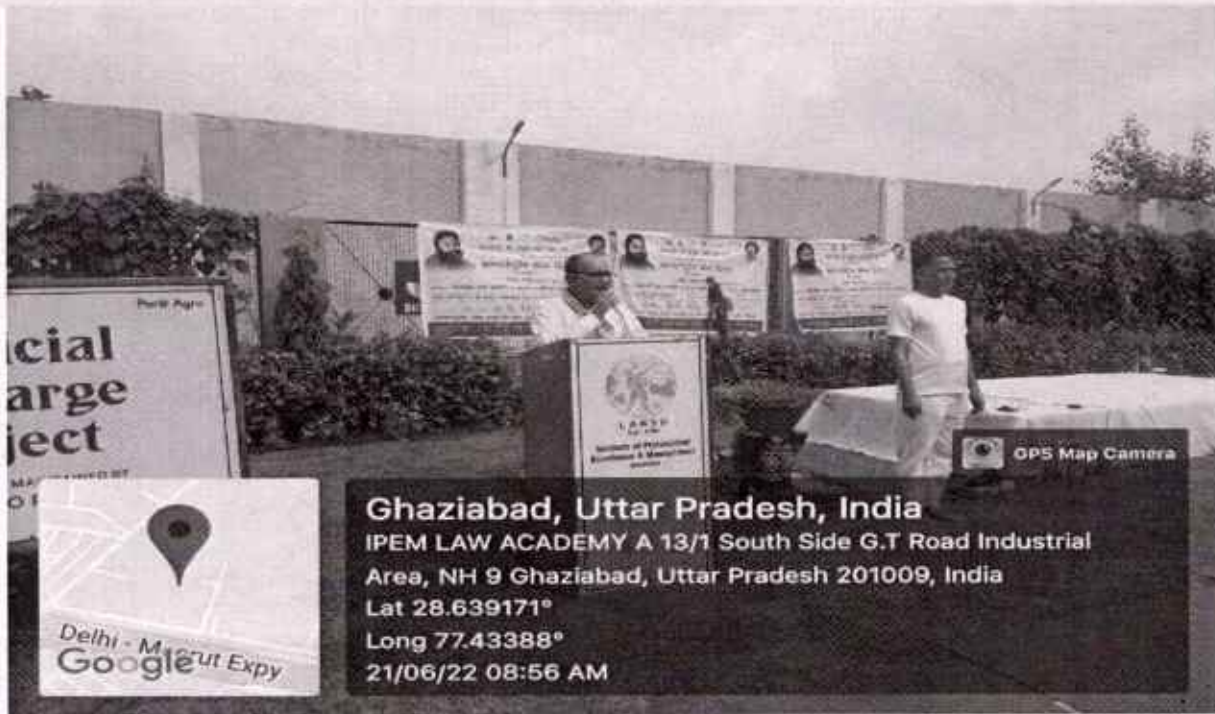
We shall try to celebrate this Yoga Day early in the morning in future so that participants can do better.

**SIGN CONVENER**

**IPEM LAW ACADEMY**

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Lat 28.639171°

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GPS Map Camera



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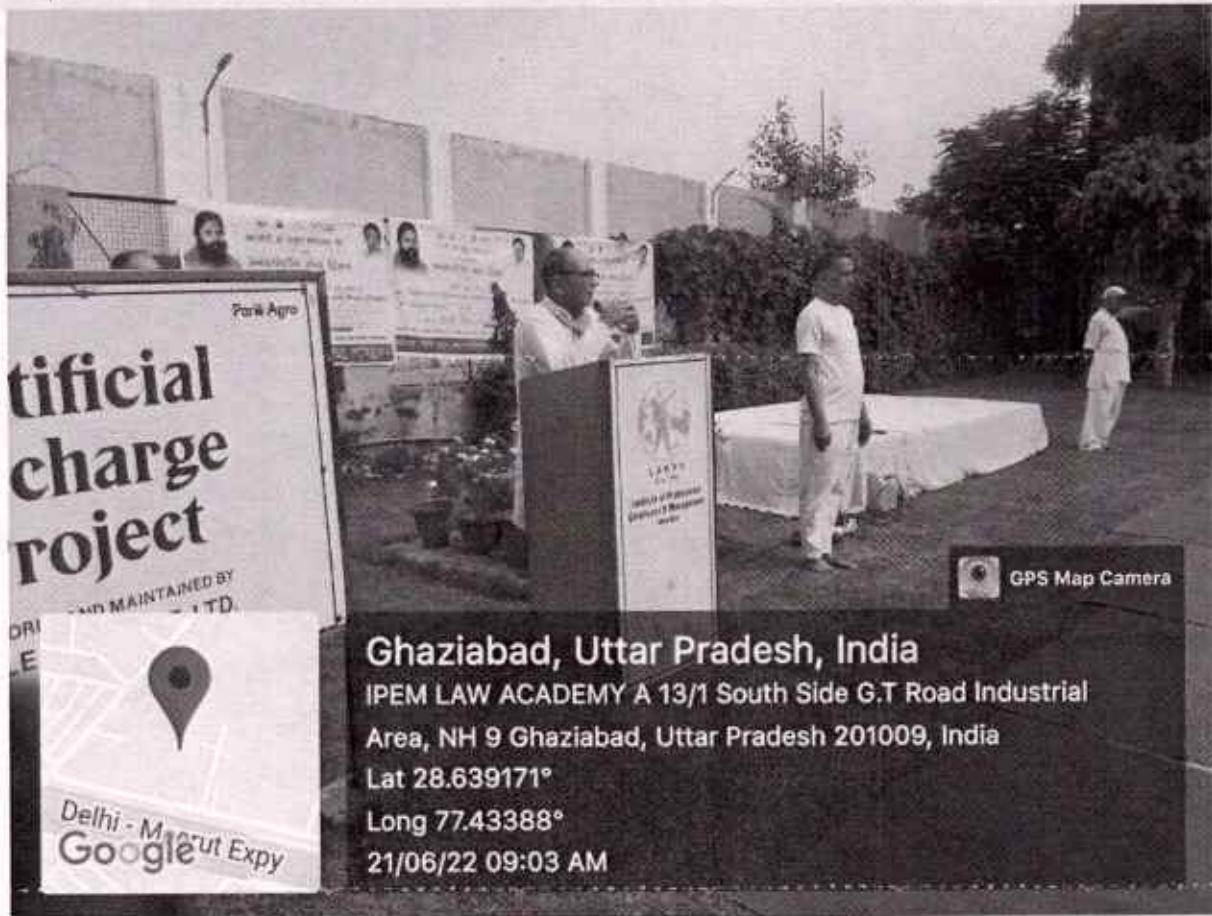
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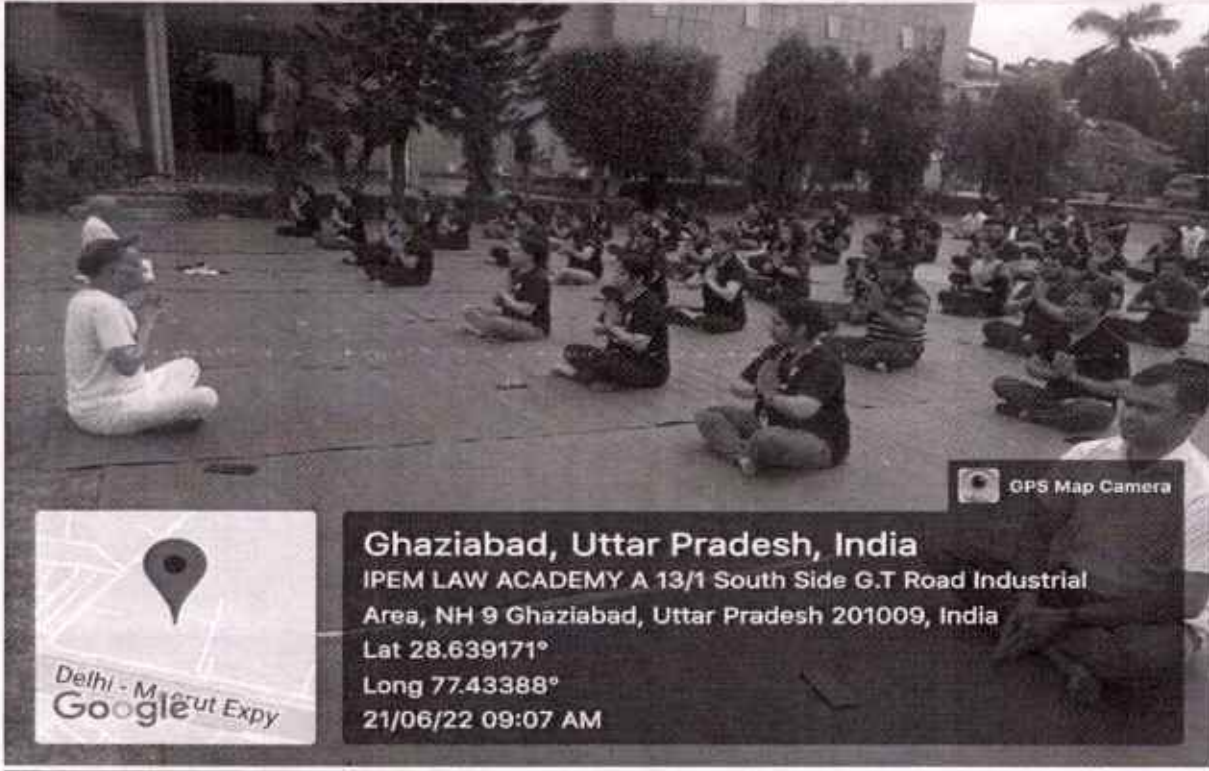


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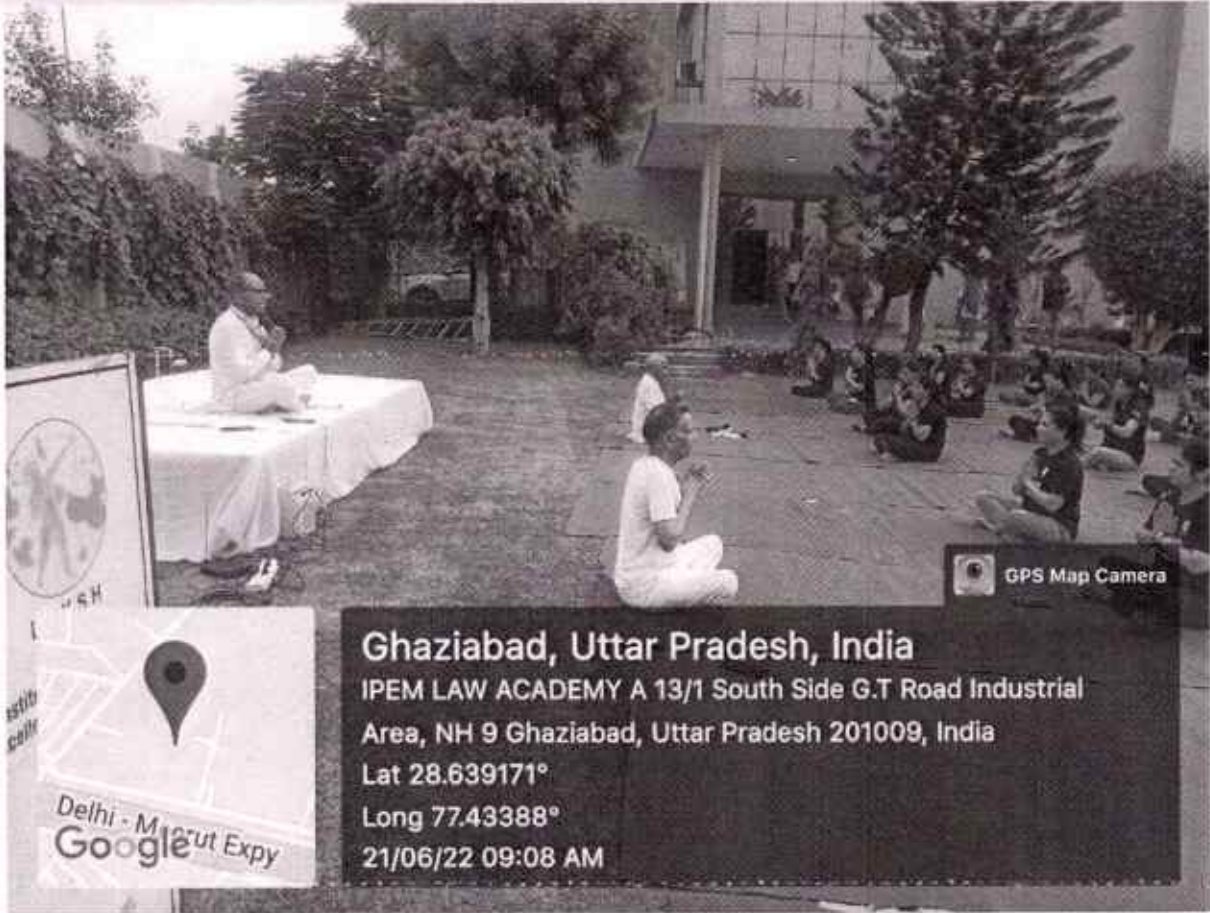
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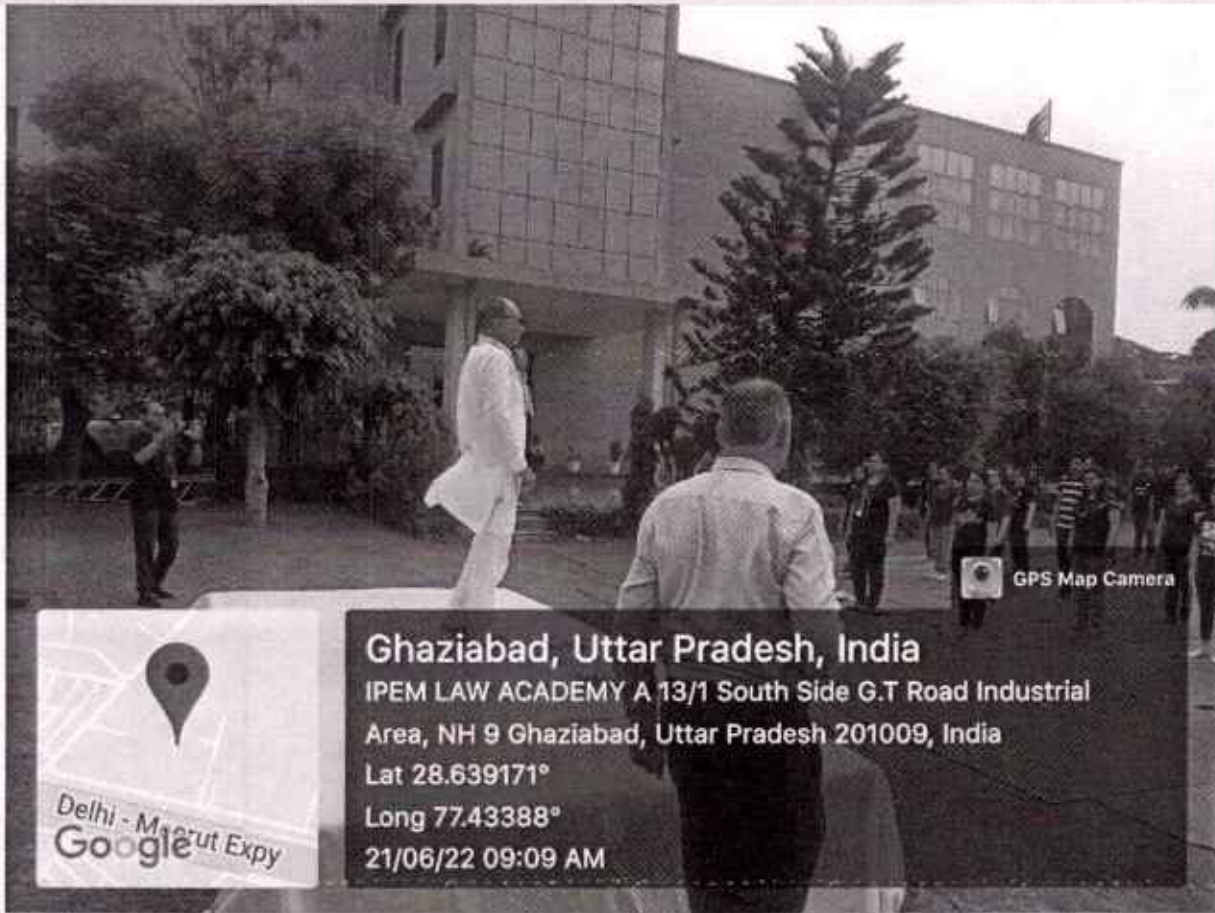
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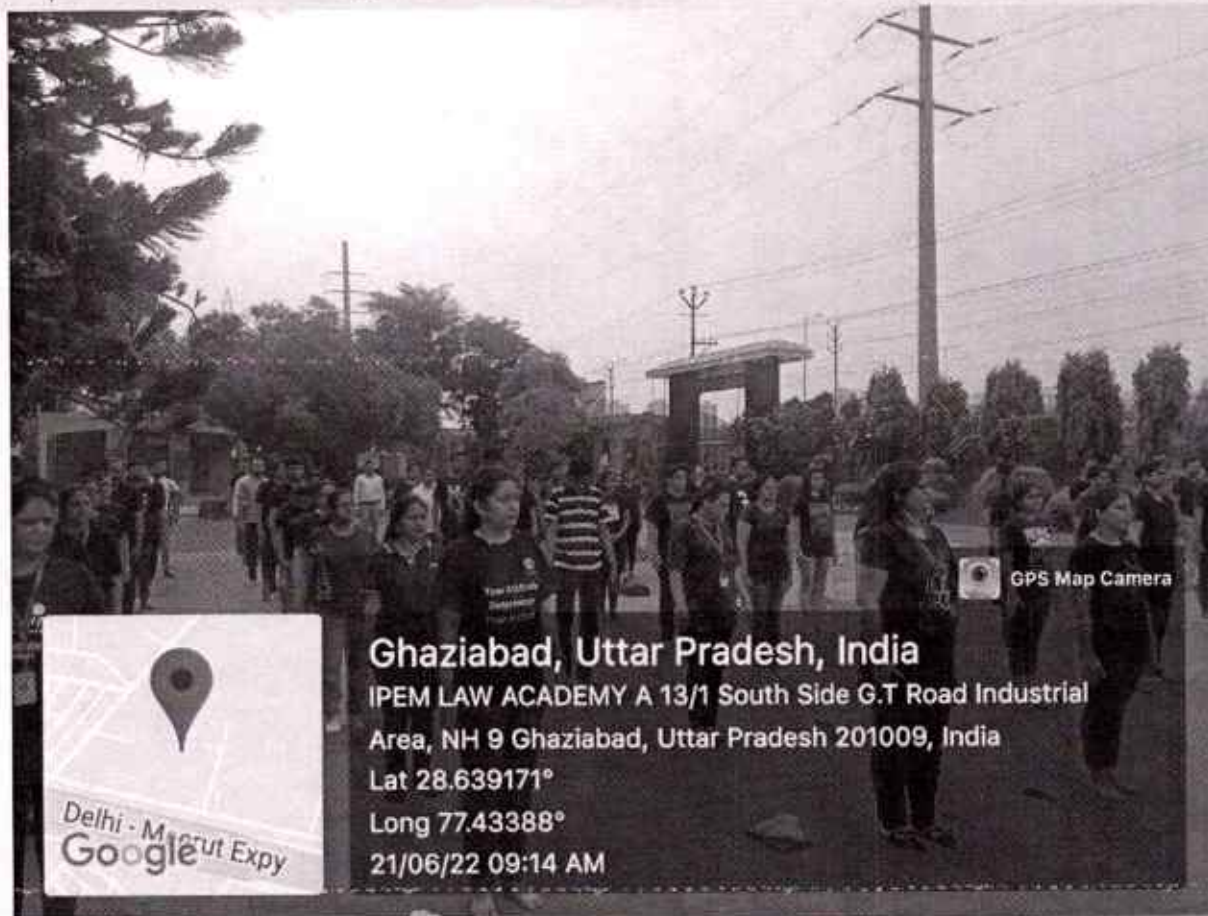
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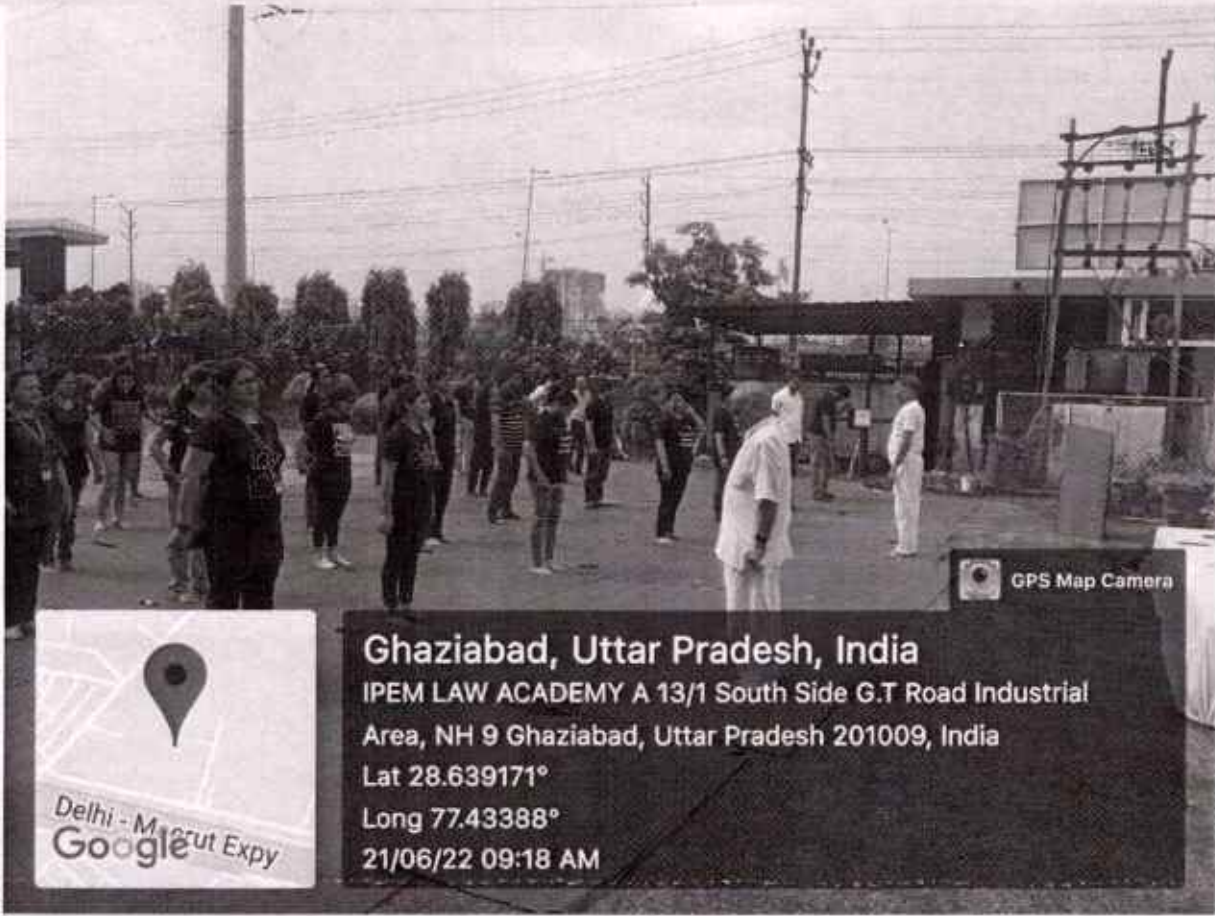
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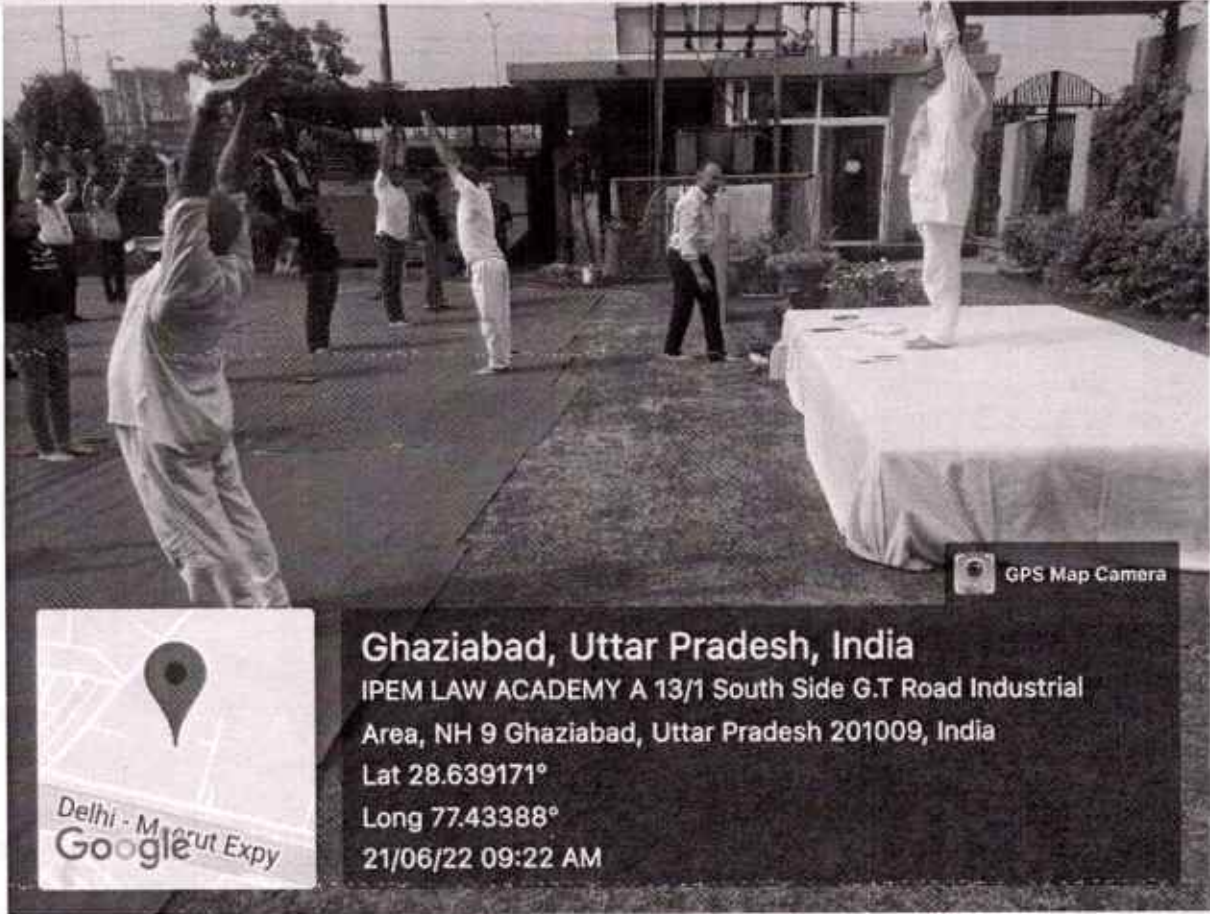
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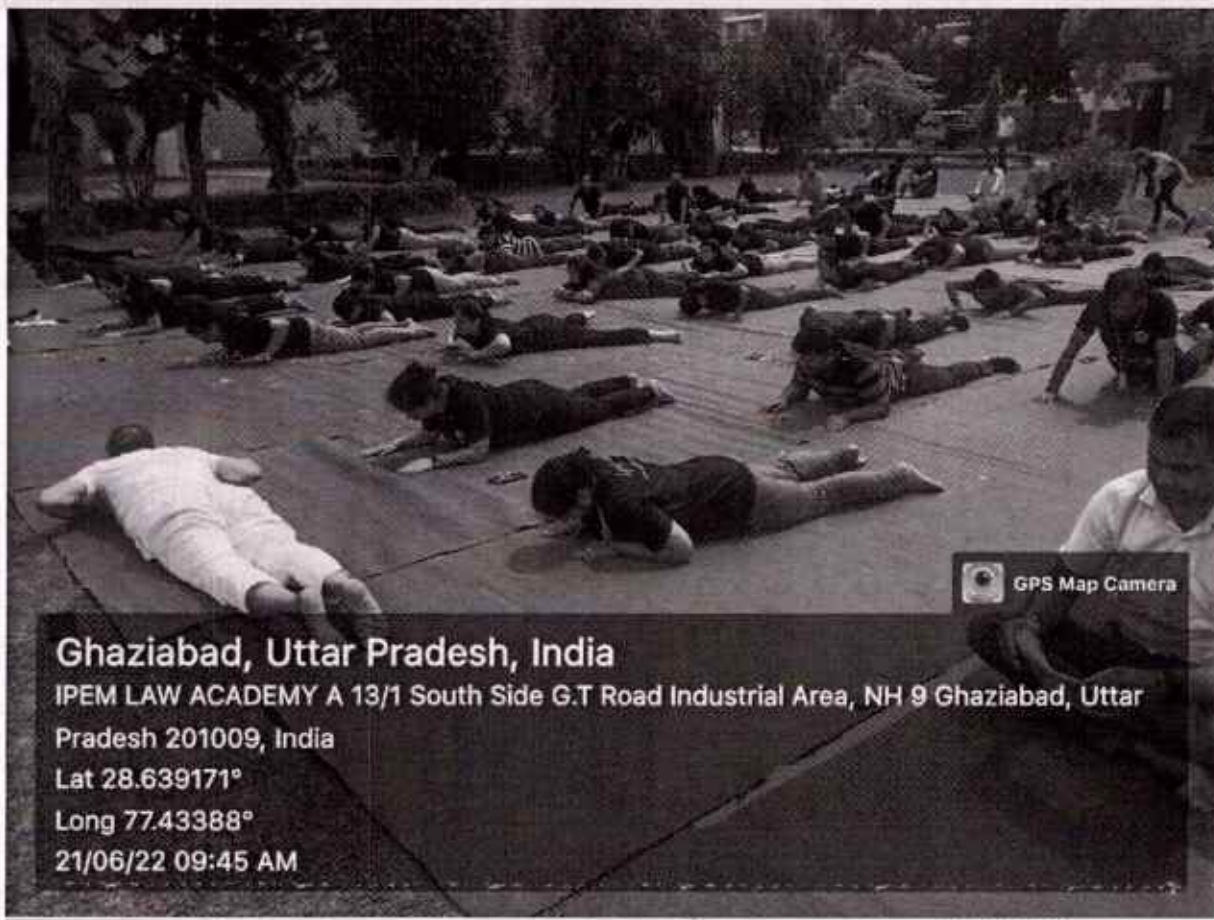


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