



*Celebrating 25 years of Excellence in Education*

# **KESHAV MAHAVIDYALAYA**

NAAC Accredited 'A' Grade Institution

H-4-5 Zone, Sainik Vihar, Pitampura, Delhi - 110034

**University of Delhi**



## **NATIONAL SERVICE SCHEME (NSS)**

**INTERNATIONAL DAY OF YOGA CELEBRATION**

**June 20, 2020**



# National Service Scheme



## INTERNATIONAL DAY OF YOGA CELEBRATION

**KESHAV MAHAVIDYALAYA**  
NAAC Accredited 'A' Grade Institution  
(UNIVERSITY OF DELHI)

**NATIONAL SERVICE SCHEME**  
In association with  
**BHARTIYA YOG SANSTHAN**

invites you to a webinar on  
**"Yoga and Holistic Well-being"**  
on the occasion of  
**INTERNATIONAL YOGA DAY**  
20th June, 2020 via Google meet

Join us via link: <https://meet.google.com/six-aekh-cnc>  
at 10 A.M.

**Yoga Experts:**

Shri Ved Saini Zila Pradhan, West Enclave Zila, Bhartiya Yog Sansthan	Ms. Pragya Agarwal Saadhika, Bhartiya Yog Sansthan
Dr. Richa Sharma NSS Programme Officer	Prof. Madhu Pruthi Principal

The poster of the event created by an NSS Volunteer

A health mind lives in a healthy body. Amidst the unprecedented times, when the whole world is trying to cope up with Covid-19 pandemic, India is enlightening the world with its ancient wisdom and leading by example towards living a holistic life. Celebration of International Day of Yoga every year is a major leap forward in this direction.

Keshav Mahavidyalaya religiously follows the same spirit. The college has been celebrating International Day of Yoga annually since 2015, following its inception in 2014. This year too, the **NSS Unit of Keshav Mahavidyalaya** took initiative of celebrating **Sixth International Day of Yoga**. The NSS volunteers worked on the proposal with enthusiasm and organized a well-coordinated webinar on the topic '**Yoga and Holistic Well-being**' on **20<sup>th</sup> June, 2020**. Yoga experts, namely **Shri Ved Kumar Saini** and **Ms. Pragya Aggarwal**, from **Bhartiya Yog Sansthan, Rohini, Delhi** were invited for the same. The lecture cum demonstration based online session was conducted on Google Meet platform and was attended by 72 participants.



**Sh. Ved Kumar Saini**



**Ms. Pragya Aggarwal**

Shri Ved Kumar Saini explained various nuances of Ashtanga Yoga that lays emphasis not only on physical exercise or Aasanas, but also on Yama, Niyama and Dhyaana, the deeds, the discipline and the meditation for striking a balance between physical, mental and spiritual health. Shri Saini also discussed the importance of Yoga to boost immunity and reduce stress especially in light of rampant Covid-19 pandemic and appealed to the audience to inculcate Yoga in daily routine.

Ms. Pragya Aggarwal, a devoted Saadhika, demonstrated various Aasanas with finesse and dexterity. She began and concluded the session with Vedic chants and thereby extended positive vibes to all present in the webinar.



The ways to relax oneself through Yogaabhyaas and various Kriyas for relief from stress, diabetes, hypertension, obesity, etc. were also put forth.



Contraindications for various problems, where one should not pursue Yogaabhyaas, were also discussed. The session concluded with a discussion and demonstration of various Pranayamas and Meditation.



Shri Saini took up queries from the audience and gave appropriate solutions in the end. The session proved to be quite enriching and motivating for all participants. The staff and students who attended the webinar performed various Aasanas at their homes. Some staff members including Prof. Pruthi and students shared their photographs taken while performing Yogaasanaas. The photographs are annexed at the end of the report.

The Principal, Prof. Madhu Pruthi, expressed her gratitude to the guests from Bhartiya Yog Sansthan for their selfless service in conducting the event and highlighting the need for Yoga consciousness amongst the staff and students of the college. The participants recorded their appreciation through messages on the Google Meet ChatBox. The feedback is also enclosed. The session was recorded and the recording has been made available to the guests and participants. We heartily thank our guests from Bhartiya Yog Sansthan- Shri. Ved Kumar Saini, Ms. Pragya Aggarwal, Shri Sharat Aggarwal, the NSS Volunteers, colleagues from the teaching and non-teaching staff and students whose fervent participation made the event a grand success.

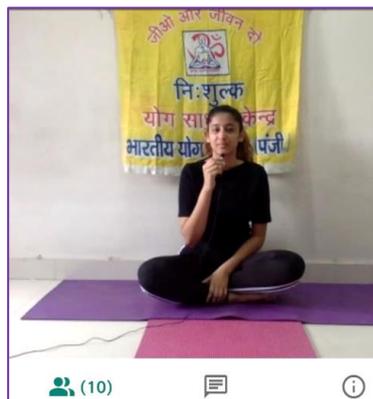
**Dr. Richa Sharma**

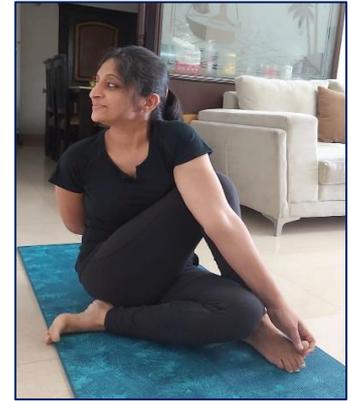
**NSS Programme Officer**

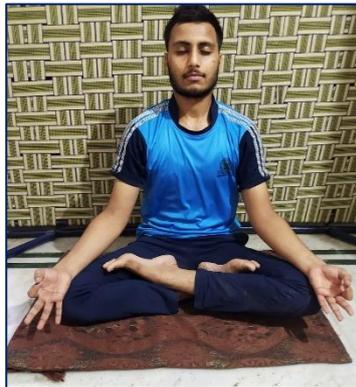
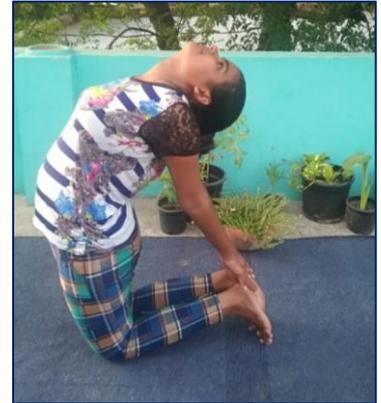
**Prof. Madhu Pruthi**

**PRINCIPAL**

**Photographs of the International Day of Yoga Celebration at Keshav Mahavidyalaya**







## Feedback by the Participants

00:02:09.946,00:02:12.946

Training Guru: Thanks for organizing this. GS Bawa

01:03:15.377,01:03:18.377

subodh pandit: Thanks Ved Ji and thanks to Pragya

01:04:20.380,01:04:23.380

amanjot sachdeva: Thank you Ved Saini Ji and Thank you Pragya. This was a very educative session🙏🙏

01:04:22.957,01:04:25.957

Rahul Barsek: Really a nice session sir...

01:05:58.501,01:06:01.501

Anjali Thukral: Thanks a lot Ved Saini Ji and Pragya Ji. Thanks to Dr. Richa and principal ma'am for organizing the webinar. 🙏

01:06:07.362,01:06:10.362

Vijay Kumar: Thank you sir and pragya ma'am

01:06:33.042,01:06:36.042

Vijay Agarwal: Thank you for such a great and to the point knowledge on Yog

01:06:41.661,01:06:44.661

Jyoti Anand: Thanks Ved Saini Ji and Pragya Ji. Thanks to Dr. Richa and principal ma'am too.

01:07:09.634,01:07:12.634

Raj Bansal: Thanks for wonderful session

01:07:48.255,01:07:51.255

Rashmeet Kaur Chawla: Thankyou for wonderful session...

01:08:37.704,01:08:40.704

Principal Keshav Mahavidyalaya: My heartfelt thanks to Mr Ved Saini Ji, Ms Pragya for explaining in such simple terms positivity of doing Yoga for our own benefits and health

01:09:35.020,01:09:38.020

anjli arora: Thanks for this interesting session

01:10:00.518,01:10:03.518

aruna sharma: wonderful session

01:13:32.023,01:13:35.023

rajat arora: Thanks for very informative session. Thank you Principal Ma'am, organizing team and invited Guests.

01:18:14.410,01:18:17.410

Manish Mourya: Thank you principal mam and sir very nice positive speech

01:18:26.924,01:18:29.924

subodh pandit: Thanks Dr. Richa. Thanks Principal Ma'am.

01:19:02.763,01:19:05.763

Bhavesh: Thank you ma'am]