

## ACTIVITY REPORT 2016 - 2021

FACULTY: SPORTS

DEPARTMENT: PHYSICAL EDUCATION

IQAC ACTIVITY No: **SVC/PE/2021/1/Yoga**

<b>NAME OF THE ACTIVITY: Workshop on International Yoga Day 2021</b>			
<b>DATE</b>	<b>FACULTY</b>	<b>DEPARTMENT</b>	<b>COORDINATOR NAME</b>
21-6-2021	SPORTS	PHYSICAL EDUCATION	Dr. Kameshwar Sharma YVR
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor</b>
10:00 AM	ONLINE (Zoom)	140	Indoor (online)
<b>SUPPORT/ASSISTANCE:</b>	NA		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO. - SVC/PE/2021/1/Yoga ):

TOPIC/SUBJECT OF THE ACTIVITY	<b>Workshop on International Yoga Day 2021</b>
OBJECTIVES	<p>Yoga is known to have both physical as well as mental benefits. It improves posture, enhances functioning of all the body systems, along with enhancing muscle strength, coordination and flexibility.</p> <p>Yoga affects emotions and helps in calming down the mind, gives mental clarity and a better self-understanding. Yoga is highly recommended for people in competitive, stressful working environments.</p> <p>In today's scenario, practising yoga on a regular basis becomes all the more crucial not just for evading the number of diseases the pandemic has surfaced but also as a tool for self healing and to avoid stress and anxiety, given the conditions which fail to give a peace of mind to the general public. Thus the objectives of the activity were to encourage the audience to perform yoga regularly in order to have a calm mind and getting/maintaining their body into shape.</p>
METHODOLOGY	The theme for International Yoga Day 2021, by the United Nations, was "Yoga for well-being". In accordance with the theme, a workshop was organised for faculty and students to practice and learn about yoga-asanas at home. A poster was designed and released for registration for the workshop and an overwhelming response was received. The session was conducted with active participation from all the registrants and smooth guidance from speakers.
OUTCOMES	<p>This webinar on Yoga had created an immense impact on the audience. It emphasizes the importance and the benefits of Yoga if one practices it in daily life.</p> <p>The International Yoga day on 21st June ,2021 was celebrated with the two eminent yoga instructors <b>Dr. Ravi Kumar Shastri</b>, Assistant Professor, Department of Yoga Science, Central University of Haryana, Haryana and <b>Dr. Jasbir Shastri Yogacharya</b>. Assistant Professor, Department of Yoga Science, Shri Kalla Ji Vedic University.</p> <p>Ravi Kumar Shastri gave insights into the do's and don'ts in Yoga and its relation to the health of an individual.</p> <p>Dr. Jasbir Yogacharya told about various 'Asanas' and 'Pranayama' techniques that can be followed to overcome stress, anxiety, high and low blood pressure,</p>

	etc. The audience had put down different questions in front of the instructors. Everyone enjoyed the webinar and learnt new and great facts related to Yoga.
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**PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):**

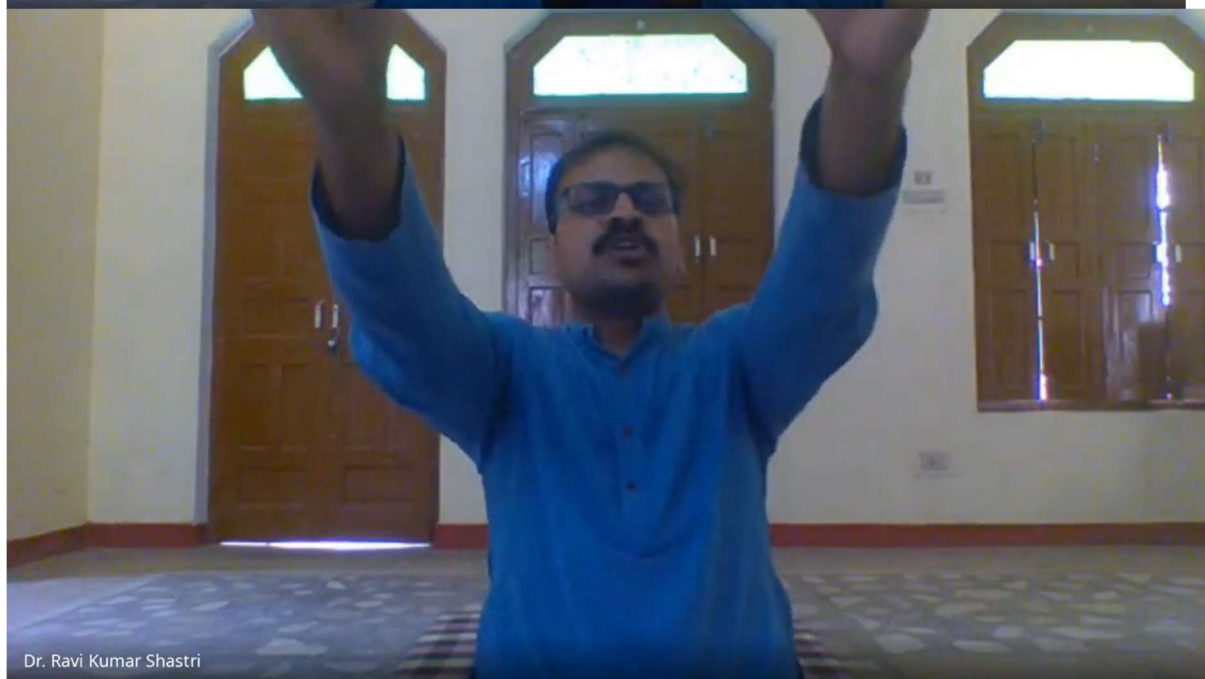
Notice & Letters	<b>Student list of participation</b>	<b>Activity report</b>	<b>Photos</b>	Feedback form
✓ <b>Feedback analysis</b>	News clip with details	Certificate ✓	Any other ✓	✓

IQAC Document No:	Criterion No:	Metric No:
Departmental file no	IQAC file No;	

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
<b>Student Coordinators</b>  <b>Saumya Arora</b> <b>Tanvi Agarwal</b> <b>Rhythm</b>		
<b>Dr. Narender Gaur</b> <b>Physical Education</b>  <b>Dr. Kameshwar Sharma YVR</b> <b>Department of Biochemistry</b>	<b>Dr. Kameshwar Sharma YVR</b> <b>Sports Convener</b>	<b>Dr. N. Latha</b> <b>Coordinator, IQAC</b> <b>Sri Venkateswara College</b>

## For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		





Dr. JASBIR YOGACHARYA



Dr. JASBIR YOGACHARYA



Dr. JASBIR YOGACHARYA



Shalini Sen



Dr. JASBIR YOGACHARYA

## Feedback Form

# Feedback Form - 21/ 06/ 2021

Please mention correct details as they will be reflected on the certificates.

\* Required

E-mail \*

Your answer

Full name \*

Your answer



Salutation \*



How would you rate the following? \*

	Poor	Fairly good	Very good
Effectiveness of the presenter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Speaker's knowledge of the topic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scope and depth of today's learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall management and execution of the webinar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Impact of yoga in your life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How are you planning to include yoga in your daily life? \*

Your answer

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Would you recommend this seminar to others? \*

Yes

No

Any other comments or suggestions

Your answer

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Phone no. \*







DEPARTMENT OF PHYSICAL EDUCATION  
SRI VENKATESWARA COLLEGE, UNIVERSITY OF DELHI  
UNDER THE AEGIS OF IQAC (NAAC ACCREDITED GRADE 'A')



ORGANIZES  
**A WORKSHOP ON**  
**INTERNATIONAL YOGA DAY**

*Eminent Speakers:*



**DR. RAVI KUMAR SHASTRI**

Assistant Professor  
Department of Yoga Science  
Central University, Haryana



**DR. JASBIR SHASTRI**

Assistant, Professor,  
Department of Yoga Science,  
Shri Kalla Ji Vedic University



**JUNE 21, 2021**

**11AM - 12PM**

**PLATFORM: ZOOM**

E-certificates will be awarded to all

Open for SVC students, Teaching and Non-Teaching  
Staff and their Families

Registration Link:

<https://forms.gle/XE3uycbAbC8wAUuBA>

Let's keep  
our Yoga  
Mats ready!

Dr. Narendra Gaur  
Head, Physical Education

Dr. N. Latha  
Convener, IQAC

Dr. Kameshwar Sharma  
Convener, Sports Committee

Prof. C. Sheela Reddy  
Principal, SVC



# SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)



**This is to certify that**

**Ms. Saumya Arora**

**of**

**Sri Venkateswara College, University of Delhi**

**attended the workshop commemorating 7<sup>th</sup> INTERNATIONAL YOGA DAY on 21 June 2021, organized by Department of Physical Education, under the aegis of IQAC, Sri Venkateswara College, University of Delhi.**

**Dr. Narendra Gaur**  
Head, Physical Education

**Dr. Kameshwar Sharma**  
Convener, Sports Committee

**Prof. C. Sheela Reddy**  
Principal, SVC



# SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)



**This is to certify that**

Ms. Yadavilli Indira

of

Visakhapatnam

**attended the workshop commemorating *7<sup>th</sup> INTERNATIONAL YOGA DAY* on 21 June 2021, organized by Department of Physical Education, under the aegis of IQAC, Sri Venkateswara College, University of Delhi.**

**Dr. Narendra Gaur**  
Head, Physical Education

**Dr. Kameshwar Sharma**  
Convener, Sports Committee

**Prof. C. Sheela Reddy**  
Principal, SVC



**SRI VENKATESWARA COLLEGE**  
(University of Delhi)

**Internal Quality Assurance Cell**

**Chairperson**

Prof C. Sheela Reddy  
Principal  
Sri Venkateswara College

**IQAC Coordinator**

Dr. N. Latha  
Department of Biochemistry

**External Members**

Prof Debi P Sarkar  
Department of Biochemistry  
University of Delhi South  
Campus

Prof Alo Nag  
University of Delhi South  
Campus

Dr. Gitanjali Yadav  
NIPGR, Delhi

**Internal Members**

Dr. Meenakshi Bharat  
Department of English

Dr. Lalitha Josyula  
Department of Electronics

Dr. Namita Pandey  
Department of Political  
Science

Dr. A. K. Chaudhary  
Department of Physics

Dr. K.C. Singh  
Department of Physics

Dr. Swarn Singh  
Department of Mathematics

Dr. Neeraj Sahay  
Department of History

Dr. Vartika Mathur  
Department of Zoology

Dr. Shruti Mathur  
Department of Commerce

Dr. Padma Priyadarshini  
Department of Sociology

Dr. Nimisha Sinha  
Department of Biochemistry

Shri D. Venkat Ramana  
A.O( I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

*N. Latha*

IQAC Coordinator  
Sri Venkateswara College

**Coordinator, IQAC**  
**Sri Venkateswara College**  
**(University of Delhi)**  
**Dhaulta Kuan, New Delhi-110021**

*C. Sheela Reddy*

PRINCIPAL  
Sri Venkateswara College

**PRINCIPAL**  
**Sri Venkateswara College**  
**(University of Delhi)**  
**Dhaulta Kuan, New Delhi-110021**