



ATMA RAM SANATAN DHARMA COLLEGE

(UNIVERSITY OF DELHI)

7 Days Online Yoga Camp

Date of the Program: 15-20th June, 2022

No. of Participants: 65

Organized by: NSS, ARSD College

Speaker: Mr. Neeraj Joshi, International Yoga Teacher, USA certified

Yoga also refers to the inner science that comprises various methods by which an individual can attain self-realization. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and mind. Yoga postures and meditation are effective techniques to release stress. With this aim, NSS ARSD organised 7 days online yoga camp from 15 - 20 June, 2022 to mark the 8th International Yoga Day. Mr. Neeraj Joshi, International Yoga Teacher taught everyone present basic asanas and meditation. Everyone enjoyed the session and did yoga with full interest, enthusiasm and eagerness. The session was concluded with meditation and prayer. All the volunteers could feel the soothing effect of the exercises. The session was very refreshing, reviving and relaxing.

Poster

ATMA RAM SANATAN DHARMA COLLEGE
(University of Delhi)

Accredited Grade 'A' by NAAC, All India rank 12 in NIRF (MoE)
Internal Quality Assurance Cell (IQAC)

Presents
7 DAYS ONLINE YOGA CAMP
15th to 20th June 2022 (online)
Timings 5-6 PM

Limited seats

WITH RENOWNED YOGA TEACHER
Mr. Neeraj Joshi
(International Yoga Teacher, Yoga alliance, USA certified)
Trained hundreds of yoga teachers in various national and international yoga camps

on 7th day 21st June, IYD celebrations and prize distribution in college campus, 7 AM onwards

Registration link:
<https://forms.gle/aRQgkcdEM1ZmkKkUS>

For details contact
Dr. Neeta Azad: 9873165478
Dr. Nidhi Dureja: 9810582181

Patron
Prof. Gyantosh Kumar Jha
(Principal)

IQAC Convenor
Dr. Vinita Tuli

Convenor
Dr. Neeta Azad

Co-Convenors: Dr. Nidhi Dureja, Dr. Ram Swaroop Maharia, Dr. Vikas, Dr. Avarish Pratap Singh, Mr. Deepankar, Mr. Rajesh Makkar

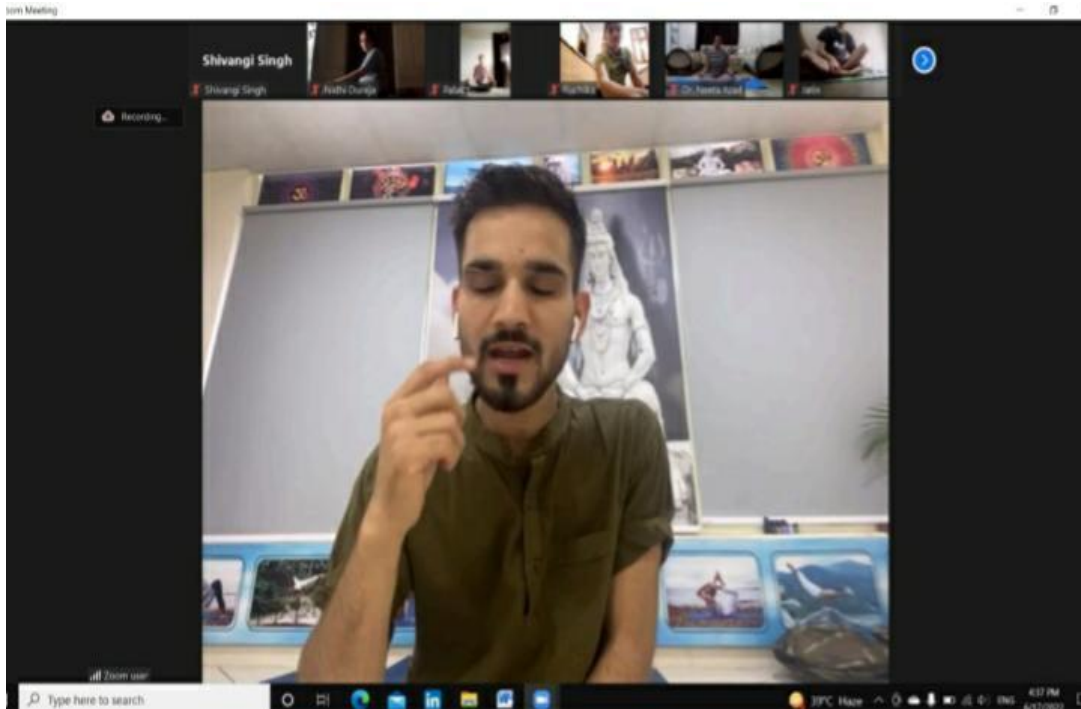
For certification more than 90% attendance is mandatory



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(UNIVERSITY OF DELHI)

Photograph



Snapshot of Speaker & Participants During Online Session



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(UNIVERSITY OF DELHI)

List of Participants

		Nitya Yadav
		Palak Priya
Kritika Mishra		Pankaj Kumar Bairwa
Lalit	Soumya Goutam	Pooja Goyal
Lalit Kumar Singh	Soumya Sharma	Pranjal Singh
Loveena Bhalla	Sourav Kumar Mishra	Pratham Goyal
Mahak Mishra	Sudhanshu Pandey	Preeti Garg
Mahak Mittal	Suhani Bisht	Raghav Kapoor
Mamta Saini	Sukriti Bisht	Rashita Rawat
Manya Pandey	Sunidhi Singh	Riddhi Bhatia
Meghana Gulabani	Tisha Yadav	Riddhi Gupta
Mehak Puri	Uma Dubey	Ritik Ranjan
Mehul Kapoor	Upmanyu Gupta	Riya Sethia
Muskaan Sahani	Vaishnavi Pandey	Riya Tiwari
Neha Khandelwal	Vanshika Vashisht	Sakshi
Nikita Didwania	Vatsala	Sakshi Agarwal
Nitya Yadav	Vidhi Gupta	Shefali Negi
Palak Priya	Vikram Sonkaria	Shivam Kumar Tiwari
Pankaj Kumar Bairwa	Vishal Singh	Shivangi
Pooja Goyal	Vishal Tiwari	Shivansh Jaiswal
Pranjal Singh	Viveka Prashar	Shrishti Sharma
Pratham Goyal	Yamini Tripathi	
Preeti Garg		
Raghav Kapoor		
Rashita Rawat		
Riddhi Bhatia		
Riddhi Gupta		