



Nirwan University Jaipur

Established by the Rajasthan State Legislature vide Act No.2 of 2017 and recognized u/s 2(f) of the UGC Act 1956

ACTIVITY REPORT Academic Year 2023-24

- Name of the Organizing Department:** School of Yoga
- Activity Title:** 10th International Yoga Day Celebration
- Date & Duration of Activity:** June 21st, 2024 (5:30 AM to 7:00 AM)
- Venue of Activity:** Cricket Ground, Nirwan University Jaipur
- Name & Contact Details of the Organizer:** Dr. Krishna Agarwal,
Asst. Prof., Dean School of Yoga
Nirwan University Jaipur

6. Participants Details with list:

Total Participants	Number of Male	Number of Female
71	53	18

- 7. Target Audience:** Residents of Nirwan University Jaipur.

8. Objectives of The Activity:

- Promote Physical and Mental Health:** Highlight the importance of yoga in maintaining physical fitness and mental well-being.
- Increase Awareness:** Educate the participants on the historical and cultural significance of yoga.
- Community Engagement:** Encourage community participation and foster a collective spirit through yoga.

- 9. Any suggestion for improvement based on the feedback or otherwise:** More frequent yogic activities should be.

NOTICE



Nirwan University Jaipur

Established by the Rajasthan State Legislature vide Act No. 2 of 2017 and recognized by 201 of the UGC Act 1956

Ref: NUJ/Admin/2024/2934

Date: 20.06.2024

Notice

Yoga & Wellness Center (OJAS) in collaboration with NSS Cell, Nirwan University Jaipur is going to organize the 10th International Yoga Day on June 21st, 2024 at the campus. The theme of this year is *"Yoga for Self and Society"*. This event will be coordinated by Dr. Krishna Agarwal.

The participants are requested to arrange comfortable clothing/attire as per their convenience.

Details of the event are as below:

Date: June 21st, 2024

Time: 5:30 AM to 7:00 AM


Venue: Cricket Ground, Nirwan University Jaipur





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 Nirwan University, Near Badi-Bajadhok Toll





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निर्वाण विश्वविद्यालय जयपुर

भारत

**10वें अंतरराष्ट्रीय योग दिवस का आयोजन
(21 जून, 2024)**



**योग हमें खुद से मिलता है,
योग ईश्वर की अनुमति दिलाता है...**



NIRWAN UNIVERSITY JAIPUR



YOGA & WELLNESS CENTER (OJAS)
Organizes
10th INTERNATIONAL YOGA DAY
(Yoga For Self and Society)

Day & Date: Friday, 21st June, 2024
Time: 5:30 AM- 7:00 AM
Venue: Cricket Ground, Nirwan University Jaipur

INTERNATIONAL
YOGA
DAY

Dear NUJ family members,
Yoga & Wellness Center (OJAS),
Nirwan University Jaipur is going to celebrate the
10th International Yoga Day on 21st June 2024.
The theme of this year is “Yoga For Self and Society”.
You all are cordially invited to grace this auspicious occasion.

Brief Report of The Event

10th International Yoga Day Celebration

(June 21st, 2024)

The School of Yoga in collaboration with NSS Cell at Nirwan University Jaipur successfully organized the 10th International Yoga Day celebration on June 21st, 2024. This significant event was marked by the enthusiastic participation of students, faculty, and residents, aiming to promote the benefits of yoga and foster a sense of community well-being. Dr. Krishna Agarwal, Dean, Assistant Professor, School of Yoga, coordinated the event.

This year's Yoga Day celebration theme has remained **"Yoga for Self & Society"**. More than 50 students and staff members have participated in this event. The event showcased vibrant cultural performances related to yoga, wellness, and the common yoga protocol (CYP).

The 10th International Yoga Day celebration at Nirwan University is a resounding success, engaging the university community in a day of wellness, unity, social integration, holistic health, and cultural celebration.

The common yoga protocol (CYP) was followed in this event:

COMMON YOGA PROTOCOL:

➤ INVOCATION

➤ SADILAJA/CĀLANA KRIYĀS /LOOSENING PRACTICES

- NECK BENDING (Grivā Śakti Vikāsaka)
- SHOULDER'S MOVEMENT ((Shoulder's Stretch & shoulder Rotation)
- TRUNK MOVEMENT (Kaṭīśakti Vikāsaka)
- KNEE MOVEMENT

➤ YOGĀSANAS

A. STANDING POSTURES:

- TĀDĀSANA (Palm Tree Posture)
- VṚKṢĀSANA (The Tree Posture)
- PĀDA-HASTĀSANA (The Hands to Feet Posture)
- ARDHA CAKRĀSANA (The Half Wheel Posture)
- TRIKONĀSANA (The Triangle Posture)

B. SITTING POSTURES

- BHADRĀSANA (The Firm/Auspicious Posture)
- VAJRĀSANA (Thunderbolt Posture)
- ARDHA UṢṬRĀSANA (The Half Camel Posture)
- UṢṬRĀSANA (Camel Posture)
- ŚĀŚAKĀSANA (The Hare Posture)
- UTTĀNA MANDŪKĀSANA (Stretched up-frog posture)
- VAKRĀSANA (The Spinal Twist Posture)

C. PRONE POSTURES

- MAKARĀSANA (The Crocodile Posture)
- BHUJAṄGĀSANA (The Cobra Posture)
- ŚALABHĀSANA (The Locust Posture)

D. SUPINE POSTURES SETUBANDHĀSANA (The Bridge Posture)

- UTTĀNA PĀDĀSANA (Raised feet posture)
- ARDHA HALĀSANA (Half plough posture)
- PAVANA MUKTĀSANA (The Wind Releasing Posture)
- ŚAVĀSANA (The Corpse/ Dead Body Posture)

❖ KAPĀLABHĀTI

❖ PRĀNĀYĀMA

- NAḌĪŚODHANA or ANULOMA -VILOMA PRĀNĀYĀMA (Alternate Nostril Breathing)
- ŚĪTALĪ PRĀṄĀYĀMA
- BHRĀMARĪ PRĀṄĀYĀMA

❖ DHYĀNA

❖ SANKALPA

❖ SHANTI PATH



Prayer



Neck Bending



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-Hastasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-Ushtrasana



Ushtrasana



Shashankasana



Uttana-manduk-asana



Vakrasana



Makarasana



Bhujangasana



Shalabhasana



Setubandh-asana



Uttana-pada-asana



Ardh-hala-asana



Pavan-mukt-asana



Savasana



Kapalbhati



Nadishodhana



Sitali Pranayama



Bhramri Pranayama



Dhyan

(COMMON YOGA PROTOCOL)



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862574°
Long 76.1157°
21/06/24 07:33 AM GMT +05:30

GPS Map Camera

Google



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862583°
Long 76.115555°
21/06/24 06:57 AM GMT +05:30

GPS Map Camera

Google



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.86256°
Long 76.115562°
21/06/24 06:29 AM GMT +05:30



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.861816°
Long 76.115585°
21/06/24 06:13 AM GMT +05:30





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Unnamed Road, Rajasthan 303305, India
Lat 26.86261°
Long 76.115543°
21/06/24 06:52 AM GMT +05:30



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Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.86258°
Long 76.115552°
21/06/24 06:35 AM GMT +05:30



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Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.8626°
Long 76.115613°
21/06/24 06:44 AM GMT +05:30



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Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862626°
Long 76.115597°
21/06/24 06:08 AM GMT +05:30

ATTENDANCE SHEET



YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet (Faculty)

Date: 21/06/2024

Name of The Event/Activity: 10th International Yoga Day celebration

S.NO.	NAME OF THE PARTICIPANT	SIGN
01	CHUKMAN KR. PANDEY.	<i>[Signature]</i>
02	BRIJMOHAN MEENA	<i>[Signature]</i>
03	PooJA Meena	<i>[Signature]</i>
04	Pawan Lahoti	<i>[Signature]</i>
05	Dr. P.K. Kamlesh	<i>[Signature]</i>
06	Mr. Vikash choudhary.	<i>[Signature]</i>
07	Vijay Kumar Sazan	<i>[Signature]</i>
08	Akashdeep Singh	<i>[Signature]</i>
09	Dheerendra Singh	<i>[Signature]</i>
10	Anil Nagar	<i>[Signature]</i>
11	Ajay Kumar	<i>[Signature]</i>
12	Pawan soni	<i>[Signature]</i>
13	Dr. Falguni Kumar	<i>[Signature]</i>
14	Dr. Shalini Bhulhan Simeen	<i>[Signature]</i>
15	RAHUL KUMAR	<i>[Signature]</i>
16	SURAJ BHAN MEENA	<i>[Signature]</i>
17	Prashant Beniwal	<i>[Signature]</i>
18	Vivek Mohan	<i>[Signature]</i>
19	Pankaj Kumar Meena	<i>[Signature]</i>
20	Mrs. Pankaj	<i>[Signature]</i>
21	Tilmi	<i>[Signature]</i>

Coordinator Signature

[Signature]
21/06/2024



YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet (Faculty)

Date: 21/06/2024

Name of The Event/Activity: 10th International Yoga Day celebration

S.NO.	NAME OF THE PARTICIPANT	SIGN
1	Pooja Baberwal	Pooja
2	Anjali Sharma	Anjali
3	Saziya	Saziya
4	Simran	Simran
5	Mahak	Mahak
6	Lehushi	Lehushi
7	Sabrin	Sabrin
8	Dr. Sapna Nehra	Sapna
9	Ms. Bharti Yadav	Bharti
10	Ms. Ruchi Kumari	Ruchi Kumari
11	Dr. Krishna Kumar	Kr.
12	Samam Sharma	Samam
13	Dimple Tailor	Dimple
14	PRITI KUMARI	Priti
15	Sita Meena	Sita
16	Hansa Meena	Hansa
17	Ms. Rachana Beniwal	Rachana
18	Seranya	Seranya

Coordinator Signature



YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet (Students)

Date: 21/06/2024

Name of The Event/Activity: 10th International Yoga Day Celebration

S.NO.	NAME OF THE PARTICIPANT	SIGN
1.	Ayush Sharma.	Ayush
2.	Neekesh	Neekesh
3.	Sumit Kumar Chhipa	Sumit
4.	Bhagchand Saini	Bhagchand
5.	Vijay Singh Gaurjar	Vijay
6.	Mohit Yadav	Mohit
7.	Vinit Mahala	Vinit
8.	Aroind Yadav	Aroind
9.	Jayprakash	Jayprakash
10.	Krish Chaudhary	Krish
11.	Manish Yadav	Manish
12.	Vitendra	Vitendra
13.	Deepak Gurjar	Deepak
14.	Deepak Chaudhary	Deepak
15.	Prem Chaudhary	Prem
16.	Kushal	Kushal
17.	Sahil	Sahil
18.	Gaurav Thakur	Gaurav
19.	Suraj Jha	Suraj
20.	Laksh Meena	Laksh
21.	Ritesh Kumar	Ritesh
22.	Jatin Arora	Jatin
23.	Sourav Kumar	Sourav
24.	Dhirendra Singh	Dhirendra

Coordinator Signature

13
21/06/2024

निर्वाण विश्वविद्यालय में 10वां अंतरराष्ट्रीय योग दिवस मनाया



बेधड़क | जयपुर

निर्वाण विश्वविद्यालय जयपुर में स्कूल ऑफ योगा की ओर से एनएसएस सेल के सहयोग से 10वां अंतरराष्ट्रीय योग दिवस मनाया। इस अवसर पर चेयरमेन डॉ. एस. एल. सिहाग ने कहा कि इस दिन को पूरी दुनिया भारत को 'विश्व-गुरु' मानते हुए, 'अंतरराष्ट्रीय योग दिवस' मनाती है। योग शारीरिक और मानसिक स्वास्थ्य के लिए बहुत आवश्यक है। इसके साथ ही वाइस चेयरमेन डॉ. आरके अरोड़ा ने बताया कि इस वर्ष के योग दिवस की थीम "योग स्वयं के लिए और समाज के लिए" है। इसीलिए निर्वाण विश्वविद्यालय में भी भारत सरकार और राजस्थान सरकार के निर्देशानुसार योग दिवस का आयोजन किया गया। इस कार्यक्रम में सभी विभागों के विद्यार्थियों और स्टाफ सदस्यों ने

भाग लिया। कार्यक्रम के दौरान योग, कल्याण और सामान्य योग प्रोटोकॉल (CYP) से संबंधित जीवंत सांस्कृतिक प्रदर्शन प्रदर्शित किए गए। योग के विभिन्न आसनों और प्रथाओं को प्रस्तुत करते हुए प्रतिभागियों ने शारीरिक और मानसिक कल्याण के महत्व को उजागर किया। इस आयोजन से विश्वविद्यालय में समुदाय के कल्याण, एकता, सामाजिक एकीकरण, समग्र स्वास्थ्य और सांस्कृतिक उत्सव की झलक दिखाई दी। योग दिवस के कार्यक्रम का संचालन डॉ. कृष्णा अग्रवाल, डीन स्कूल ऑफ योग तथा पवन सोनी असिस्टेंट प्रोफेसर द्वारा किया गया। यह उत्सव न केवल योग के प्रति जागरूकता बढ़ाने में सफल रहा, बल्कि इसमें सामूहिक रूप से स्वस्थ जीवन शैली अपनाने की प्रेरणा भी दी गई।

Report Submitted by:

Dr. Krishna Agarwal, Dean, Asst. Prof, School of Yoga Nirwan University Jaipur