Nirwan University Jaipur



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

ACTIVITY REPORT Academic Year 2023-24

- 1. Name of the Organizing Department: School of Yoga
- 2. Activity Title: 10th International Yoga Day Celebration
- 3. Date & Duration of Activity: June 21st, 2024 (5:30 AM to 7:00 AM)
- 4. Venue of Activity: Cricket Ground, Nirwan University Jaipur
- 5. 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



Ref: NUJ/Admin/2024/2334

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 convenance.

Details of the event are as below:

Date: June 21#,2024

Time: 5:30 AM to 7:00 AM

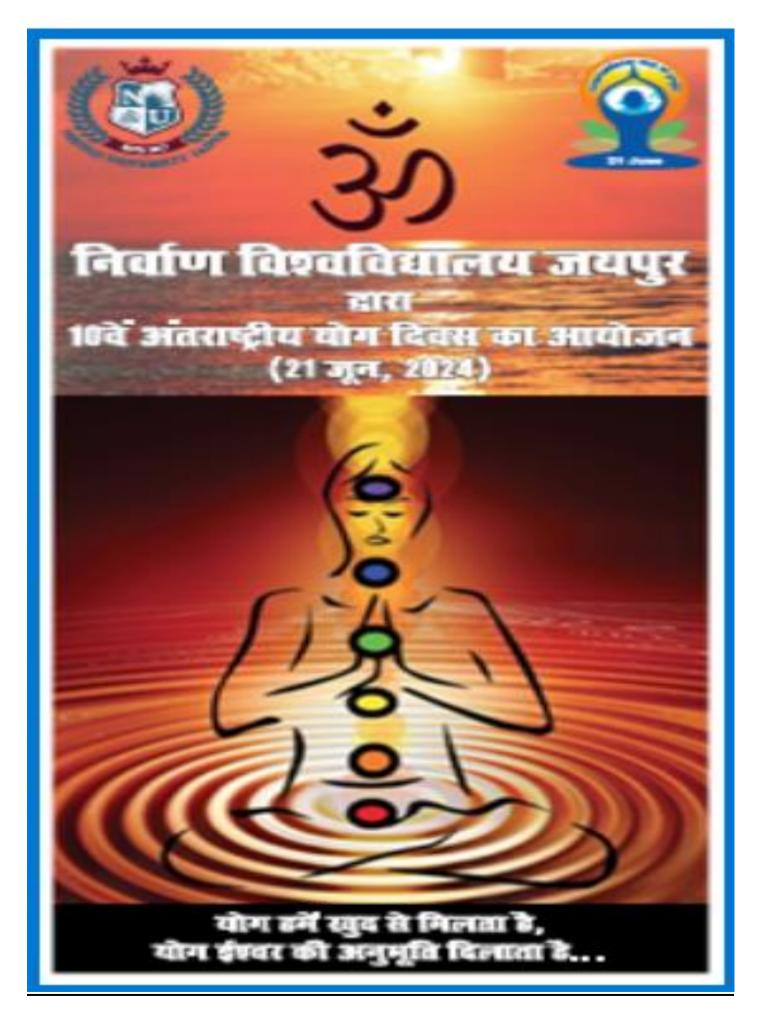
Venue: Cricket Ground, Nirwan University Jaipur

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Copy to:

- 1. All concerned
- 2. Notice Board
- 3. Guard File







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



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 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 (Kațiśakti Vikāsaka)
- ➢ KNEE MOVEMENT

➢ YOGĀSANAS

A. STANDING POSTURES:

- > TĀDĀSANA (Palm Tree Posture)
- VŖKŞĀSANA (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)
- USTRĀSANA (Camel Posture)
- ŚAŚAKĀSANA (The Hare Posture)
- UTTĀNA MANDŪKĀSANA (Stretched up-frog posture)
- VAKRĀSANA (The Spinal Twist Posture)

C. PRONE POSTURES

- MAKARĀSANA (The Crocodile Posture)
- BHUJANGASANA (The Cobra Posture)
- SALABHĀSANA (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)
- SAVASANA (The Corpse/ Dead Body Posture)

✤ KAPĀLABHĀTI

✤ PRĀNĀYĀMA

- NADĪŚODHANA or ANULOMA -VILOMA PRĀNĀYĀMA (Alternate Nostril Breathing)
- ŚĪTALĪ PRĀŅĀYĀMA
- BHRĀMARĪ PRĀŅĀYĀMA
- ✤ DHYĀNA
- * SANKALPA
- ✤ SHANTI PATH



(COMMON YOGA PROTOCOL)







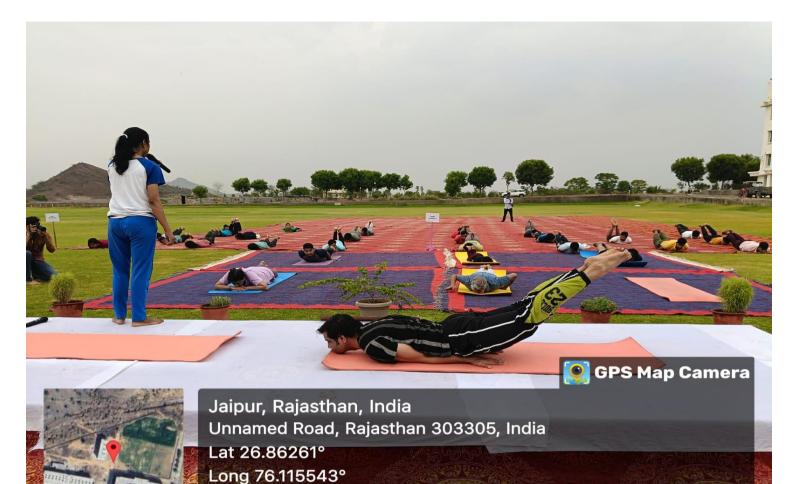
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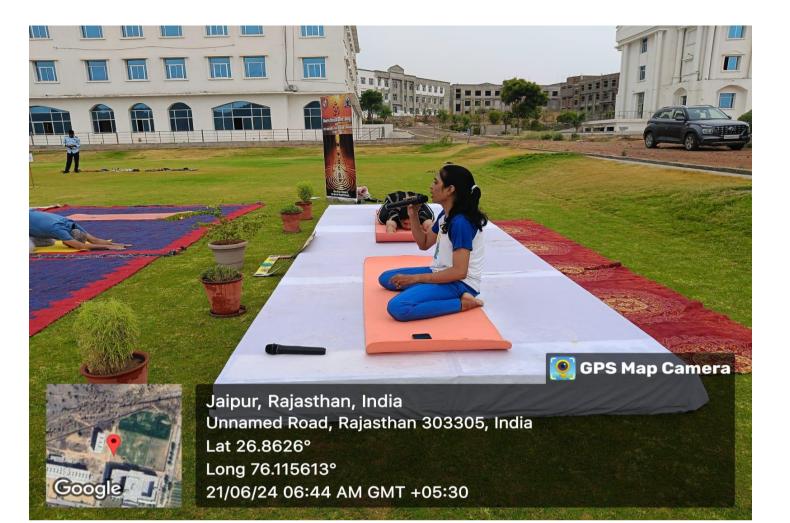
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ATTENDANCE SHEET



YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet

Date: 21/06/2024

Name of The Event/Activity: 10th International Yogq Day alebration

(Faculity)

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YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet (Faculty)

Date: 21/06/2024

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

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YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet (Students)

Date: 21/06/2024

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

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YOGA & WELLNESS CENTER(OJAS)

Attendance Sheet (Studente)

Date: 21/06/2024

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

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NEWS REPORT

23_June- 2024_Sach Bedhadak





बेधड़क । जयपुर निर्वाण विश्वविद्यालय जयपुर में स्कल ऑफ योगा की ओर से एनएसएस सेल के सहयोग से 10वां अंतर्राष्ट्रीय 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, 'अंतर्राष्ट्रीय 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 स्कुल ऑफ योग तथा पवन सोनी असिस्टेंट प्रोफेसर द्वारा किया गया। यह उत्सव न केवल योग के प्रति जागरूकता बढाने 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