

**K.R. MANGALAM UNIVERSITY**

THE COMPLETE WORLD OF EDUCATION

Report

SCHOOL OF EDUCATION

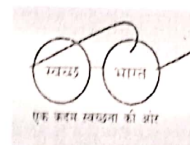
Organizes

Extension and Outreach Programme on "Yoga for Humanity" in collaboration with
NSSTo commemorate
International Yoga Day
Date: 20 June 2023

Venue: Common area of Village Ghamroj
Event Type: Extension and Outreach Programme
Mode of Activity: Offline
Target Group: Children, women and men of the village
Coordinators: Dr. Anshul Saluja
Organized by: School of Education, K.R. Mangalam University, Gurugram

Number of Participants: 51 participants including Villagers of Ghamroj, student-teachers and NSS coordinators of K.R. Mangalam University

School of Education in collaboration with NSS organized an Extension and Outreach Programme on "Yoga for Humanity" on the occasion of **International Day of Yoga** on 20th June 2023 at Ghamroj Village, Sohna, Gurugram. The objectives of the activity were to sensitize the local community and student-teachers on the benefits of Yoga for good mental and physical health and simultaneously to commemorate the International Yoga Day which falls on 21st June. The day is celebrated globally to raise awareness about the benefits of practising yoga. To commemorate this special day of international recognition and to inform about its importance, faculty and student volunteers from the School of Education, volunteers



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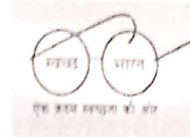
(Est. Under the Govt. of Haryana private Universities Act No. 2006, under section 2f of the UGC Act, 1956)

from NSS and Mr. Nitish Kumar Minz, Secretary, Extension and Outreach Activities took the initiative to visit the village Ghanroaj and indulge people of the village in yoga practices. The team visited the village and requested the children, men and women to come and join. On their arrival, they were briefed about the history of the International Day of Yoga and how it came into existence.

They were told that International Yoga Day is celebrated on June 21st of every year. The day is celebrated globally to raise awareness about the benefits of practising yoga. Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda. On September 27th, 2014, Prime Minister Narendra Modi proposed the idea of practising 'Yoga Day' during his speech at the United Nations (UN) General Assembly. In his speech, Modi termed Yoga as an 'invaluable gift of India's ancient tradition' and highlighted the importance of yoga for maintaining 'harmony between man and nature'. The draft resolution passed by India was backed by 177 nations and the first International Yoga Day was celebrated on June 21, 2015.

Further, going by the theme, they were explained that **Yoga for Humanity** is a call to action for everyone to embrace yoga as a way of life and to share its benefits with others. It is also a recognition of India's role as the world leader and teacher of yoga. Yoga for humanity is a call to action for everyone to embrace yoga as a way of life and to share its benefits with others. They were engaged in yoga practices and were told the relevance of practising yoga in their daily lives. The student volunteers helped the people practice various asanas. Mr. Bhudev from AAYUSH also joined the programme and shared his expertise with the attendees of the programme. He made them practice certain asanas and shared the associated benefits. A brief meditation session then followed the asanas practice.

The volunteers discussed how by practising yoga regularly and spreading its message of peace and harmony, we can contribute to a healthier, happier, and more sustainable world. The attendees shared their experiences and appreciated the efforts. Towards the end of the activity, a feedback-cum-survey form was filled up by the attendees. The faculty coordinators of the event were Dr. Anshul Saluja, Assistant Professor, School of Education, K. R. Mangalam University and Dr. Neeraj Kumari, NSS Coordinator, K. R. Mangalam University.



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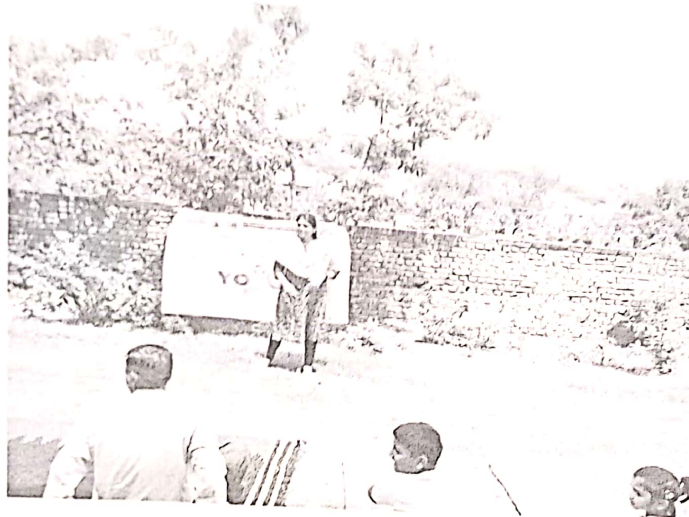
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Outcomes of the Event

The feedback-cum-survey form consisted of questions wherein the respondents have to give their feedback on the conduction and relevance of the session and the changes they could feel. As many as 96% of attendees said that the venue for the programme was appropriate, but they wanted it to happen early in the morning or evening so that the maximum number of people could join. They did say that in today's session, ample attention was given to the physical and mental aspects and they liked the meditation part. And in totality, that remained to be a good learning and practice session for them. They developed an understanding of why and how this day came into an international domain and India's role in this. They practised various asanas, learnt their benefits and indulged in mediation which helped them relieve their minds.

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Stages of the Activity



Picture 1 Faculty coordinator briefing about Yoga and its relevance



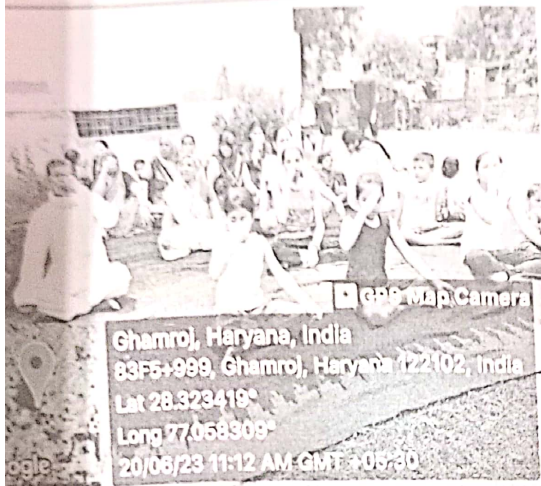
Picture 2 Attendees practising asanas



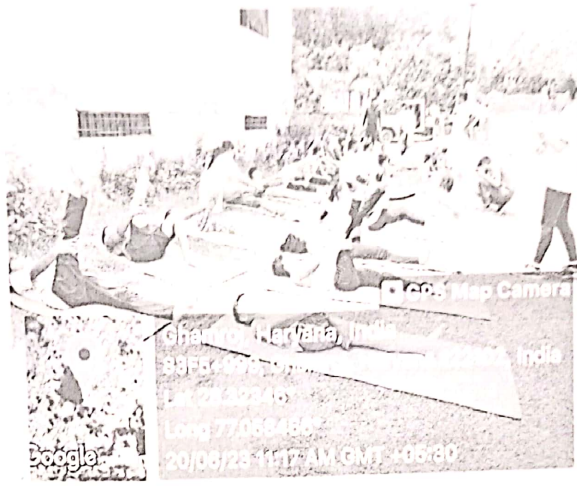
Picture 3 Attendees practising asanas



Picture 4 Mr. Bhudev from AAYUSH indulging participants in meditation



Picture 5 Attendees practising asanas



Picture 6 Attendees practising asanas



Picture 7 Group photographs of the volunteers and attendees

Report prepared by Dr. Anshul Saluja	<i>Anshul Saluja</i> 20/06/2023
Report verified by	Dr. Anshul Saluja (Event Coordinator) <i>Anshul Saluja</i> 20/06/2023
Report verified by.	Prof. Tania Gupta (Dean, SOED) DEAN School of Education (SOED) K.R. Mangalam University Sohna road, Gurgaon-122103 <i>Tania Gupta</i> 20/6/23
Report verified by IQAC Office	Dr. Shikha Dutt Sharma (IQAC Coordinator) IQAC K.R. Mangalam University Sohna Road, Gurgaon-122103

K. R. MANGALAM UNIVERSITY

SCHOOL OF EDUCATION

Date: 20. June - 2023

Venue: Village Ghanraj

Name of Activity: Extension & Outreach Programme on
"Yoga for Humanity"

ATTENDANCE RECORD

S. No	Name/ नाम	Age/ आयु	Signature/हस्ताक्षर
1.	Nishay	10	
2.	Sakshi	12	
3.	Poochi	11	
4.	Dipanshi	15	
5.	Monakshi	7	Monakshi
6.	Sasthak	10	
7.	Sakshi	9	Sakshi
8.	Krishna	13	
9.	Yashika	9	
10.	Himanshi	11	
11.	Nitih	12	
12.	Divya	12	
13.	Niki	8	
14.	Usavshi	7	
15.	Kunj	7	Kunj

Signature of Faculty Incharge with date:

 20/06/2023

 Registrar
 K.R. Mangalam University
 Sohna road, Gurugram (Haryana)

 20/06/23
 DEAN
 School of Education (SOED)
 K.R. Mangalam University
 Sohna road, Gurugram Haryana 122103

K. R. MANGALAM UNIVERSITY

SCHOOL OF EDUCATION

Date:

20.06.2023

Venue:

village Gharuof

Name of Activity:

Extension & Outreach Programme "Yoga for Humanity"

ATTENDANCE RECORD

S. No	Name/ नाम	Age/ आयु	Signature/हस्ताक्षर
16	Chaman	11	Chaman
17	KITHU	9	KITHU
18	NAVEEJA	8	NAVEEJA
19	Pratibha	14	Pratibha
20	Nishant	7	Nishant
21	Sushmi	6	Sushmi
22	Khushi	12	Khushi
23	Transka	6	Transka
24	Varsha	14	Varsha
25	Varsha	12	Varsha
26	Radhika	25	Radhika
27	Re Poochi	25	Re Poochi
28	Muraxiel	55	Muraxiel
29	Prabhu deva	44	Prabhu
30	Hill	31	Hill

Signature of Faculty Incharge with date:

20/06/2023

Tanvi Anand

Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

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School of Education (SOED)
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Sohna road, Gurugram Haryana 122103



K. R. MANGALAM UNIVERSITY

SCHOOL OF EDUCATION

Date: 20.06.2023

Venue: Village Gharoj

Name of Activity: Extension & Outreach Programme
"Yoga for Humanity"

ATTENDANCE RECORD

S. No	Name/ नाम	Age/ आयु	Signature/हस्ताक्षर
31.	SUNITA RANI	37	SUNITA RANI
32.	कमला देवी	34	कमला
33.	विमलेश	39	विमलेश
34.	Ramesh Kumar	45	Ramesh Kumar
35.	Bhupinder Singh Rana	43	Bhupinder
36.	Sunit Prajapati	40	Sunit
37.	कमलेश कुमारी	39	कमलेश
38.	Harinder	42	Harinder
39.	कुली	37	कुली
40.	राजीव	40	राजीव
41.	पंकज	41	पंकज
42.	कुलजीत	33	कुलजीत

Signature of Faculty Incharge with date:

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Sohna Road, Gurugram (Haryana)

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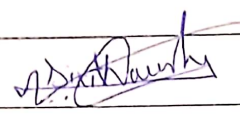




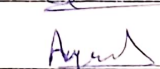
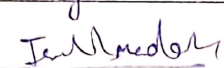
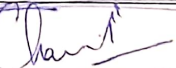
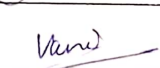
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Date: 20 June 2023

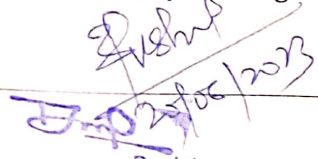
Venue: Ghansiy

Name of Activity: Yoga for Humanity (Extension & Outreach Programme)

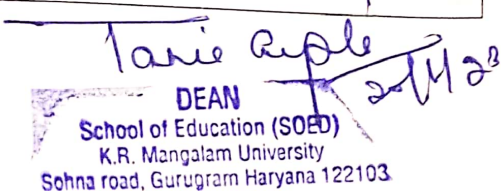
ATTENDANCE RECORD

No	Name/ नाम	Age/ आयु	Signature/हस्ताक्षर
1.	Harsh Dixit	19	
2.	Nitish Kumar Minz.	19	
3.	AKSHINA	19	
4.	SIMRAN	19	
5.	Sneha	18	
6.	Ayush Singh	19	
7.	Ishan Madan	19	
8.	Chhavi Kaushik (NSS)	20	
9.	Vani (NSS volunteer)	20	

Signature of Faculty Incharge with date:


20/06/2023

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