



SHRI SHANKARACHARYA TECHNICAL CAMPUS SHRI SHANKARACHARYA GROUP OF INSTITUTIONS NATIONAL SERVICE SCHEME

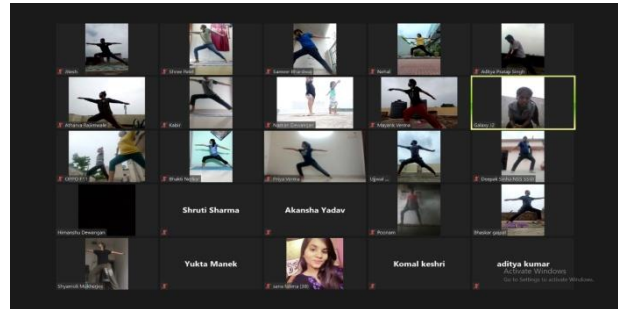
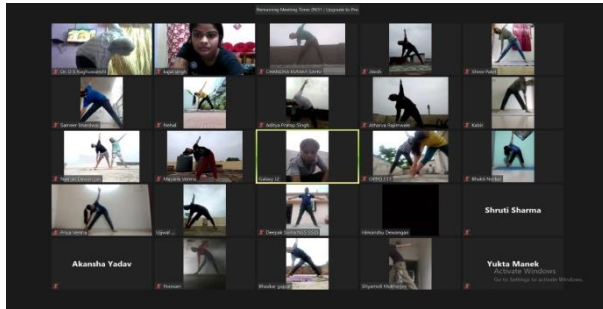


YOGA ABHYAS- 2020

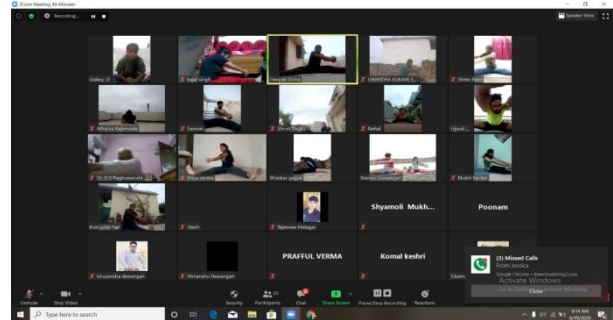
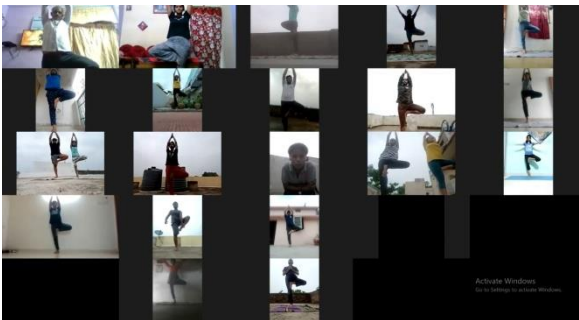
“Yoga Week from 16th June to 21st June 2020 on the occasion of International Yoga Day”



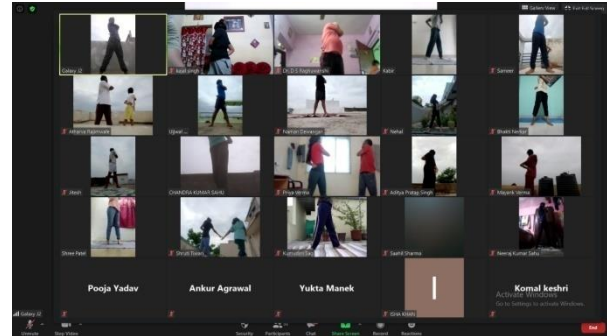
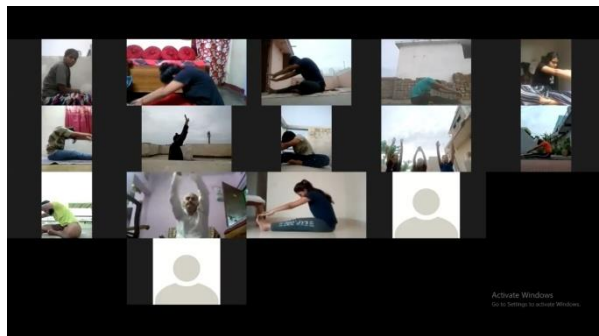
On the Occasion of International Yoga Day (dt. 21st June 2020), NSS SSGI organized a one week long ONLINE YOGA SESSION through WEBINAR from 16th June 2020 to 21th June 2020, from 6 am to 7 am. Yoga means physical, mental and spiritual practice of our entire body.



The NSS volunteers and program officer of SSGI, along with their family members contributed in this event by participating in the Yogaabhyas session, and spread awareness regarding yoga and it's benefits.

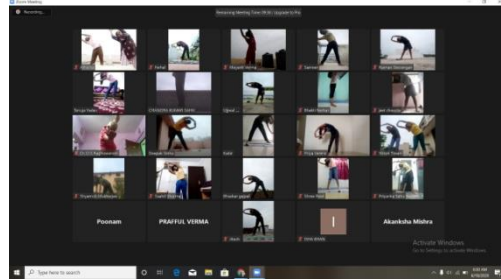
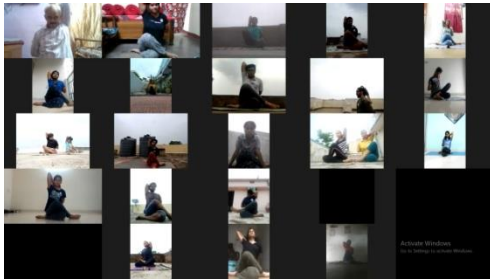


During this yoga week, volunteers from other institutions as well as from other states also joined our Webinar. Volunteers from 'Nehru Yuva Kendra Sangathan' also joined the session.



On 18th June 2020, after finishing yoga, we all offered our sincerest condolence to the martyred soldiers who lost their life in Galwan.

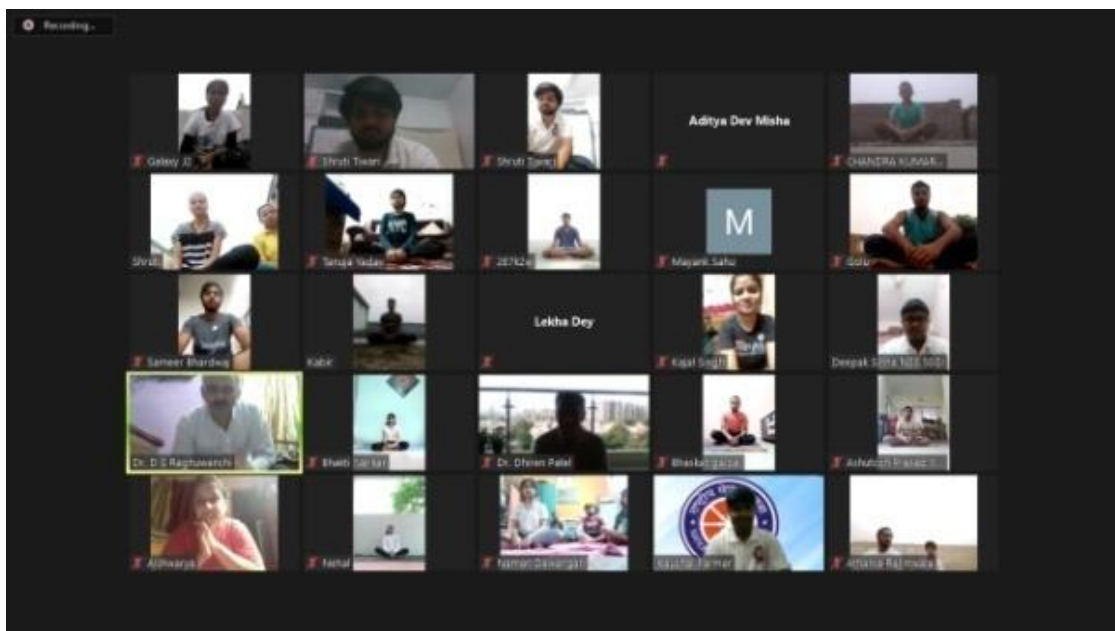
Our yoga trainer, Ms. Nandini Tandi from yoga plaza, Raipur, (C.G.) taught us about yoga and its importance. Various asana like Padmasana, Tadasana, Bhujangasana, Suryanamaskar, Kati Chakrasana, Veer Bhadrasana, Gomukhasana, Pranayama, Shanti Mantra and many more were performed during this week.



On the last day i. e., on international yoga day 21st June, the 'Ek Bharat Shrestha Bharat' pairing Institutions from Gujarat (Gujarat Vidyapith, Ahemdabad, Gujrat and CU Shah College of Computer Application, Gujrat) also collaborated to make the event successful.



The program was successfully conducted under the proper guidance of Dr. P. B. Deshmukh, Director, SSTC and Dr. DS Raghuwanshi, Program Officer, NSS SSGI and Dr. Dhiren B. Patel, EBSB Coordinator, Gujrat Vidyapeeth, Gujrat and also motivated the volunteers of our institution regarding yoga and its benefits.



Poster for One week Yoga Session on the occasion of International Yoga Day 2020
from 16th June to 21st June 2020



**Webinar
On**



YOGAABHYAS



Celebrating International YOGA DAY

16th June to 21th June 2020

Organized by

NATIONAL SERVICE SCHEME

Shri Shankaracharya Group of Institutions junwani bhilai C.G.

Asanas to be performed

- 16/06/20- Gayatri mantra, Vajra asana, Savaasana, Suryanamaskar.
- 18/06/20- Gayatri mantra, Suryanamaskar Gomukhasana, Vyaghraasana
- 17/06/20- Gayatri mantra, Tadaasana, Chakraasana, Veerbhadraasana
- 19/06/20- Gayatri mantra, Bhujangasana, Suryanamaskar, Salvaasana
- 20/06/20- Loosening, Suryanamaskar, Kati chakrasana, Veerbhadraasana
- 21/06/20- Ustraasana, Gomukhasana, Yogmudra, Pranayama, Shanti mantra

**All the participants
will get E-certificate**

**Free entry
For Registration
(scan the QR code)**



FOR QUERIES:

Shruti Tiwari-7415919364
Saahil Sharma-9685078013



Dr. P.B. Deshmukh
(Director, Shri Shankaracharya
Technical Campus)

Dr. D.S. Raghuwanshi
(Professor of Physics,
Program Officer NSS SSGI)



Instructor
Ms. Nandini Tandi
(Yoga Plaza Raipur)

Organizing Team




Mrs. Achala Jain
(Program Officer NSS SSGI Girl's Unit)

Shruti Tiwari
Kajal Singh
Sajal Sahu
Mayank Sahu
Naman Richhariya
Deepak Sinha



Theme of Yoga is

“YOGA WITH FAMILY”

Invitation to Ek Bharat Shreshtra Bharat pairing institutions to collaborate in Yoga Session on the occasion of International Yoga Day 2020.



EK BHARAT SHRESHTHA BHARAT
Shri Shankaracharya Technical Campus
Shri Shankaracharya Group Of Institutions
Junwani, Bhilai (C.G.)



NATIONAL SERVICE SCHEME
Invitation
to Collaborate
YOGAABHYAS
Don't hesitate, to meditate.

On the occasion of
INTERNATIONAL YOGA DAY
we invite
Gujarat Vidhyapith, Ahmedabad (Gujarat)
&
C.U. Shah College of Master of Computer Application
(Gujarat)
to actively collaborate in
Yoga Session organised by our institution.

Date - 20/6/2020-21/06/2020
Time - 6:00 A.M. - 7:00 A.M.

With Regards:
Dr. D.S. Raghuwanshi
EBSB & NSS Coordinator
SSGI, BHILAI
(CHHATTISGARH)
9424514075

Dr. P. B. Deshmukh
Director, SSTC

Dr. D. S. Raghuwanshi
Program Officer
NSS, SSGI