

Life Skills (Yoga, Physical Fitness, Health and Hygiene)

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SESSION 2016-17



(INTERNATIONAL YOGA DAY -2017)



Team of Health Club : Health Awareness Camp, Ajhai



TEAM HEALTH CLUB [Health awareness camp in Raya Village]

SESSION 2017-18

International Yoga Day Celebration 21 June 2018



Neeraj Varshney <neeraj.varshney@gla.ac.in>

YOGA DAY NOTICE

1 message

sports officer <sportsofficer@gla.ac.in>

Mon, Jun 11, 2018 at 10:57 AM

To: glauall@gla.ac.in

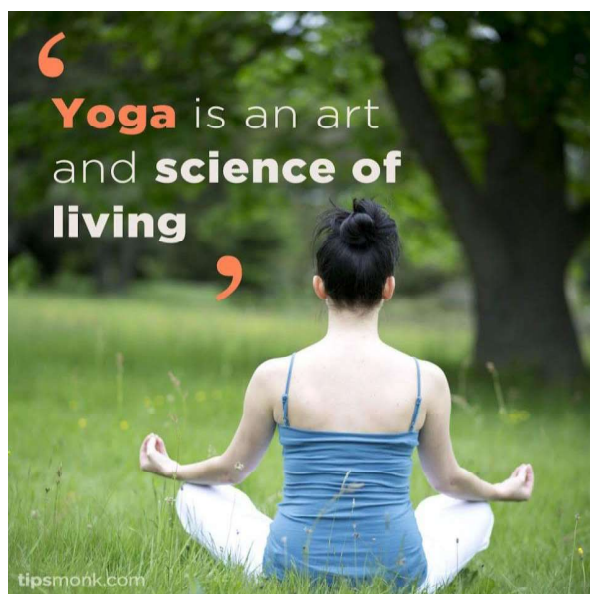
Dear all,

It is to kindly inform you that Sports department, on behalf of GLA University, is celebrating **INTERNATIONAL YOGA DAY**. It is scheduled on **21st June** from **6 am** morning at **KC ground**.

We are requested you to come and join this event as it vitalise the body and soul which rejuvenates you and feel free from stress and pain.

Your benign presence is highly solicited.

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Intently Yours,
Shiv Kumar Yadav
(Sports Officer)
GLA University, Mathura (U.P.) INDIA
Mob. No. : +91-8171623636, 8874748000
Office Ext.no:-05662-250451
Email id: sports.officer@gla.ac.in



 **GLA**
UNIVERSITY
MATHURA
Recognized by UGC Under Section 2(f)
Accredited with **A** Grade by **NAAC**

Department of Mechanical Engineering
is organizing
Yoga & Meditation
Date: 11-12 may 2018
Time: 9:00-10:00 AM



Mr. Gaurav Pant
Asstt. Professor

Community Visit and Health Camp



***TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at K.R. Secondary School, Mathura
on 21 Nov 2017.***

Community Visit and Health Camp



***TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at Baba Kadhera Singh Vidya Mandir
[Senior Secondary Residential cum Day School] Sonkh, Mathura on 22 Nov, 2017***

Community Visit and Health Camp



TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at Parmeshwari Devi Dhanuka School, Vrindavan, Mathura on 23 Nov, 2017

Community Visit and Health Camp



TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at Radha Madhav Public School, Goverdhan, Mathura on 24, Nov, 2017

SESSION 2018-19

[glauall] Art of Living YES!+ Workshop at GLA UNIVERSITY Mathura

1 message

Anoop Gupta
<anoop@gla.ac.in>

Sun, Apr 7, 2019 at 5:45 PM
To: glauall@gla.ac.in

Dear Ones

Learn the Art of being
Happy Right here, right
now
In any situation!

Embrace a Happy, Cheerful and Energetic Life with both your arms!

Come for the Art of Living YES! + Workshop

Date - 8 Apr 2019 to 11 Apr 2019

Time - 6.00 PM- 9.00 PM

At GLA University

for further details.... Call/Sms to 9140656263, 9621395164

Learn powerful and most miraculous breathing technique SUDARSHAN KRIYA

Reported benefits of regular practice of Sudarshan Kriya include:

Physical health benefits of Sudarshan Kriya

Reduces stress, Improves health and well-being, More energy, Strengthens immune system, Reduces cholesterol levels

Mental health benefits of Sudarshan Kriya

Greater creativity, Greater clarity of mind, Improves sleep, Enhances brain function, Improves ability to manage challenging situations

Improved interpersonal relations with Sudarshan Kriya

More ease, joy and harmony in personal and work relationships, A deeper sense of community, Increases awareness both of self and surroundings, Improves patience, Increases confidence and self-esteem

Psychological benefits of Sudarshan Kriya

Relieves depression and anxiety, Relief from anxiety and depression (mild, moderate, and severe)

Spiritual benefits of Sudarshan Kriya

Enhances yoga and meditation practices, Experience a deep inner peace of mind.

--
Dr A K Gupta
Dean - Academic Affairs
GLA University,
Mathura 281 406

YOGA COMPETITION 2018

****ONLY FOR GIRLS****



Venue: Conference Hall Academic Block II

Date: November 24, 2018 at 03:00 pm

COORDINATORS

ISHA SINGH, GODAWARI HOSTEL(402)

PRABHJOT KAUR, GANGA HOSTEL(104)

SHIV KUMAR YADAV

SPORTS OFFICER

RUCHI PATEL

YOGA INSTRUCTOR
(7060209810)

Department of Mechanical Engineering



is organizing

Yoga & Meditation

Date: 21-22 June 2019

Time: 9:00-10:00 AM



Mr. Gaurav Pant
Asstt. Professor



SESSION 2019-2020

[glauall] International Yoga Day celebration 2020

1 message

sports officer

Tue, Jun 16, 2020 at 4:36 PM To: glauall@gla.ac.in

Dear all,

Greetings of the Day

During the ongoing pandemic, when everyone have to restrain themselves and adhere to the guidelines to avoid further contact, Department of Ayush has come up with **"My Life, My Yoga"** video blogging contest jointly organized by the Ministry of AYUSH (MoA) and the Indian Council of Cultural Relations (ICCR).

In this contest, there is a cash prize of total Rs.175000/- in three categories. The participants are required to upload a 3 min duration video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra) including a short video message/description on how Yogic practices influenced their life. **Deadline for entries is 23:59hrs IST on June 21, 2020.**

The link to register in this competition is: <https://www.mylifemyyoga2020.com/>
The guidelines of Yoga competition are attached with the mail.



J.P.Singh

Sports Officer

GLA University, Mathura

(U.P.) INDIA Email id:

sportsofficer@gla.ac.in

<https://www.facebook.com/glauniv>

GLA UNIVERSITY IN THE EYES OF STAKEHOLDERS

- "International Gold Star Millennium Award" by citizen integration Peace Society, New Delhi.
- "Edupreneur Award" by 'Engineering Watch'.
- "Best Emerging Universities in U.P." by 'Career 360'.
- Recipient of the "Academic Excellence Award" for 2 consecutive years by the Hon'ble Governor of U.P.
- "Best University" declared by Business Digest.
- "Best University" declared by Dialogue India.
- "The Most Promising University" declared by Brand Academy.
- "4th Rank" among all private universities in India by Sun Magazine.
- "Ranked 57th" by Data Quest Magazine among T-Schools in the country (including IITs & NITs)

yoga guidelines 2020.pdf



182K

Department of Mechanical Engineering

is organizing

Yoga & Meditation

Date: 20-21 june 2020

Time: 9:00-10:00 AM

Resource Person



Mr. Gaurav Pant

Asstt. Professor



GLA
UNIVERSITY
MATHURA
Recognized by UGC Under Section 2(B)

Accredited with **A** Grade by **NAAC**

12-B Status from UGC





TEAM HEALTH CLUB [Health awareness camp in Baba Kadhera Singh Vidya Mandir [Senior Secondary Residential cum Day School] Sonkh, Mathura 25/11/2019

SESSION 2020-21

[glauall] International Yoga Day Celebration on 21st June 2021

1 message

sports officer <sportsofficer@gla.ac.in>

Fri, Jun 11, 2021 at 4:01 PM

To: glauall@gla.ac.in

International Yoga Day Celebration-2021

Dear all,

Greetings of the day

On the occasion of International Yoga Day, the Sports department is organizing an online International yoga day celebration on 21st June 2021. The classes are open for all categories for both Students, Parents, Faculty and Staff. The Primary motive of organizing this session is to introduce the participants to the YOGA ONLINE Session on International Yoga Day.

Date: Monday 21st June 2021 Time: 6.30am to 8.30am

Please fill the form through the given link

with accurate information. Note:

1. Participation Certificate shall be given to only those who attend the whole duration.
2. The Certificates will not be given in case the registration Name doesn't match the person actually attending Webinar on International Yoga Day.

For Registration link

https://docs.google.com/forms/d/e/1FAIpQLSdWfKPFbMAeKgfMkfVW_r8WK7mQRKWAAbwcR3WpjzMRBkylPuw/viewform Join Zoom Meeting

Topic: Webinar on

International Yoga

Day Time: Jun 21,

2021 06:30 AM

India

Join Zoom Meeting

<https://zoom.us/j/93826411106?pwd=cy9xQjNPuKvUQW4ySitoUUdxZWtYZz09>

Meeting ID: 938 2641 1106

Passcode: 1234

For further information kindly contact Organising Secretary

1. Dr. Sonu Sharma Sports Officer GLA University.
+91 7895564181

2. Miss. Ritu Jat Sports Coach GLA University.
+91 7067866758

Dr. Sonu Sharma Sports Officer

GLA University, Mathura

(U.P.) INDIA Office Ext.no:-

05662-250770 Mobile No:-

7060708799

Email id: sportsofficer@gla.ac.in

<https://www.facebook.com/glauniv>

GLA UNIVERSITY IN THE EYES OF STAKEHOLDERS

- "International Gold Star Millennium Award" by citizen integration Peace Society, New Delhi.
- "Edupreneur Award" by 'Engineering Watch'.
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**GLA
UNIVERSITY**
MATHURA

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**GLAU
GLADIATORS**



EUSAI

Sports Department, GLA University
in collaboration with **EUSAI** organises

National Sports Webinar Series

SPORTS WEBINAR - 5

BENEFITS OF YOGA TO IMPROVE FLEXIBILITY

1st NOVEMBER 2020 | 11:00 A.M. to 1:00 P.M.



RESOURCE PERSONS		CONVENORS	
 Dr. Lalitha Gaurav Assistant Professor LNIPE, Gwalior	 Mr. Akhilesh Kr. Pachouri International Yoga Trainer Referee School Games Federation of India	 Mr. J.P. Singh Sports Officer GLA University Mathura	 Ms. Ritu Jat Sports Coach GLA University Mathura

CO-CONVENOR **Ms. Jalanki Nayak**, B.Tech.-CSE, 3rd yr.

For more information +91-70678 66758 e-Certificates will be provided

 <p>YOGA FOR HEALTHY LIVING Department of Electrical Engineering 30th June, 2021 7:00 AM to 8:00 AM "Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. IYENGAR</p> <p>For any query: +91-7067866758 Organised by Department of Sports</p> <p>Zoom ID : 971 7966 2986 Passcode : 12345</p> <p>Dr. Sanjay Maurya HOD, Department of EE GLA University, Mathura</p> <p>Dr. Sonu Sharma Sports Officer GLA University, Mathura</p> <p>Ms. Ritu Jat Sports Coach GLA University, Mathura</p>	 <p>YOGA FOR HEALTHY LIVING Department of Mechanical Engineering 30th June, 2021 7:00 AM to 8:00 AM "Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. IYENGAR</p> <p>For any query: +91-7067866758 Organised by Department of Sports</p> <p>Zoom ID : 971 7966 2986 Passcode : 12345</p> <p>Prof. Piyush Singhal HOD, Department of ME GLA University, Mathura</p> <p>Dr. Sonu Sharma Sports Officer GLA University, Mathura</p> <p>Ms. Ritu Jat Sports Coach GLA University, Mathura</p>
 <p>YOGA FOR HEALTHY LIVING Department of Civil Engineering 30th June, 2021 7:00 AM to 8:00 AM "Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. IYENGAR</p> <p>For any query: +91-7067866758 Organised by Department of Sports</p> <p>Zoom ID : 971 7966 2986 Passcode : 12345</p> <p>Dr. Sudhir Goyal HOD, Dept. of Civil Engg. GLA University, Mathura</p> <p>Dr. Sonu Sharma Sports Officer GLA University, Mathura</p> <p>Ms. Ritu Jat Sports Coach GLA University, Mathura</p>	 <p>YOGA FOR HEALTHY LIVING Department of Biotechnology 30th June, 2021 7:00 AM to 8:00 AM "Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. IYENGAR</p> <p>For any query: +91-7067866758 Organised by Department of Sports</p> <p>Zoom ID : 971 7966 2986 Passcode : 12345</p> <p>Prof. S. V. Singh HOD, Dept. of Biotech GLA University, Mathura</p> <p>Dr. Sonu Sharma Sports Officer GLA University, Mathura</p> <p>Ms. Ritu Jat Sports Coach GLA University, Mathura</p>

(YOGA ONLINE ACTIVITY SESSION -2020 -21)




YOGA FOR HEALTHY LIVING

Department of Agriculture Science

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."

DATE - 23rd JUNE 2021
Time - 7.00Am to 8.00Am

— B.K.S. IYENGAR





Prof. Virendra Singh Pundir
HOD of Agriculture Science

Dr. Sonu Sharma
Sports officer



Ms. Ritu Jat
Sports Coach

Reg. Link : shorturl.at/sHMU5

For any query: +91-7067866758 Organised by Sports Department, GLA University, Mathura

Zoom Meeting ID : 965 4633 5062
Passcode : 010203




YOGA FOR HEALTHY LIVING

Faculty of Education

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."

DATE - 23RD JUNE 2021
Time - 7.00Am to 8.00Am

— B.K.S. IYENGAR





Prof. Kavita Varma
Principal Faculty of Education

Dr. Sonu Sharma
Sports officer

Ms. Ritu Jat
Sports Coach

Reg. Link : shorturl.at/sHMU5

For any query: +91-7067866758 Organised by Sports Department, GLA University, Mathura

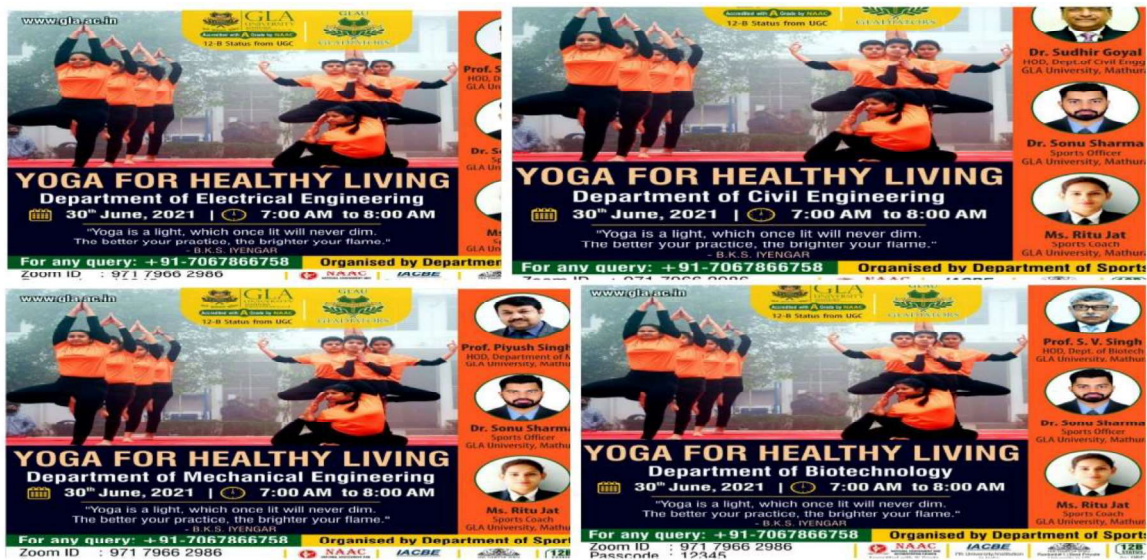





Zoom Meeting ID : 965 4633 5062
Passcode : 010203

(YOGA ONLINE ACTIVITY SESSION -2020 -21



Health Camp at Prathmik Vidhyalaya, Purdiya, Mathura on 12.01.21



(YOGA ONLINE ACTIVITY SESSION 2020 -21)