

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

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SESSION 2016-17

EVENT REPORT

SPORTS & TOURNAMENT PROPOSAL:-

Event organizer: - Sports Department

Club associated: - (Yoga club Sports Department)

Event Name: - INTERNATIONAL YOGA DAY

Date: 21th - JUNE - 2017.

Venue: - KC Ground

Description: - It is a sports event organized by sports department.



(INTERNATIONAL YOGA DAY -2017)

- Yoga increases your flexibility. ...
- Yoga helps you to build strength. ...
- Yoga improves your posture. ...
- Yoga helps to keep your joints healthy. ...
- Yoga is a powerful mindfulness practice. ...
- Yoga reduces stress. ...
- Yoga lowers blood pressure. ...
- Yoga helps you to make healthier life choices.

Previews of the Event (21/06/2017)



Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health Awareness Camp

Date and Duration: 21 Nov, 2016

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 14

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:25	Reached Ajhai Village
11:10	Health awareness camp
01:30	B.P. and BMI manifestation
02:00	Left Ajhai Village



Team of Health Club : Health Awareness Camp, Ajhai

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health awareness camp

Date and Duration: 22 Nov, 2016

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 14

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:00	Gathering Near ITM Block
09:40	Departed From GLA University
10:40	Reached Raya Village
11:10	Health awareness camp
01:30	B.P. and BMI manifestation
02:00	Left Raya Village



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

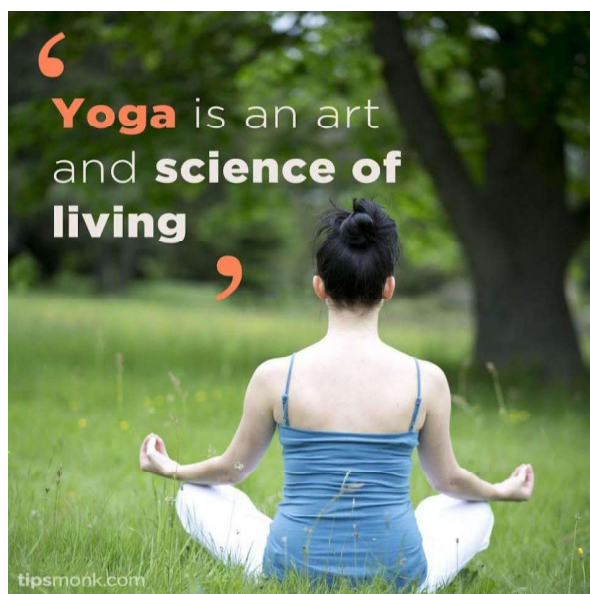
Dear all,

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.

--



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

Previews of the Event (21/06/2018)



Event Report

Department of Mechanical Engineering

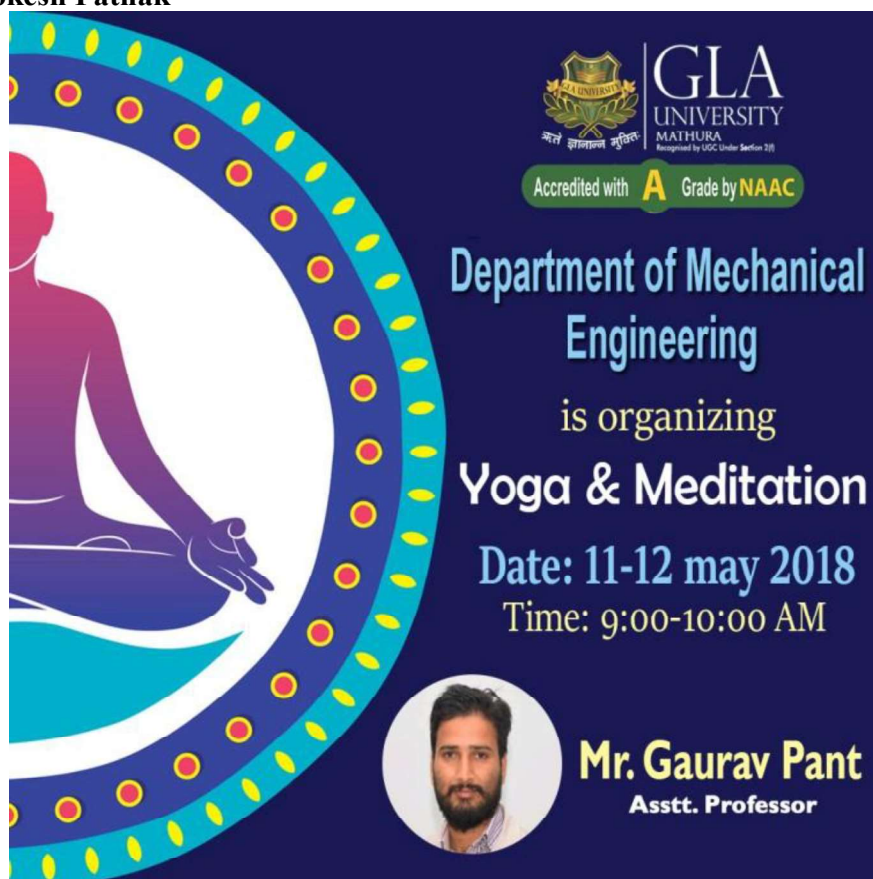
Name of Event: **YOGA and MEDITATION**

Date and Duration: **11th -12th May 2018, 9 am to 10 am**

Faculty Coordinators: **Mr. Gaurav Pant**

Student Coordinators:

- Ashutosh Awasthi
- Lokesh Pathak



Highlights of Events:

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being. Yoga is now a popular form of exercise around the world. According to a 2017 national survey, one in seven adults in the United States practiced yoga in the past 12 months. The first mention of the word “yoga” appears in *Rig Veda*, a collection of ancient texts. Yoga comes from the Sanskrit word “yuj,” which means “union” or “to join.” Yoga can be traced back to northern India over 5,000 years ago.

Indian monks spread their knowledge of yoga in the West during the late 1890s. Modern yoga teachings became widely popular in Western countries by the 1970s. The overall philosophy of yoga is about connecting the mind, body, and spirit.



Glimpse of Yoga (11/05/2018)

There are six branches of yoga. Each branch represents a different focus and set of characteristics. The six branches are:

- Hatha yoga: This is the physical and mental branch that aims to prime the body and mind.
- Raja yoga: This branch involves meditation and strict adherence to a series of disciplinary steps known as the eight limbs of yoga.
- Karma yoga: This is a path of service that aims to create a future free from negativity and selfishness.
- Bhakti yoga: This aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.
- Jnana yoga: This branch of yoga is about wisdom, the path of the scholar, and developing the intellect through study.
- Tantra yoga: This is the pathway of ritual, ceremony, or consummation of a relationship.

In GLA University, Yoga Session was organized for interested inmates under supervision of expert, in which students from Mechanical Engineering took part enthusiastically.

Community Visit and Health Camp

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health awareness camp

Date and Duration: 21 Nov, 2017

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 14

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:30	<i>Reached K.R. Secondary School, Mathura</i>
11:10	Vitamins & Deficiency diseases discussion
01:30	B.P. and BMI manifestation
02:00	Left K.R. Secondary School



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

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health awareness camp (Vitamins & Deficiency diseases)

Date and Duration: 22 Nov, 2017

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 14

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:30	Reached Baba Kadhera Singh Vidya Mandir [Senior Secondary Residential cum Day School] Sonkh, Mathura
11:10	Vitamins & Deficiency diseases discussion
01:30	B.P. and BMI manifestation
02:00	Left Baba Kadhera Singh Vidya Mandir [Senior Secondary Residential cum Day School] Sonkh, Mathura



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

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health awareness camp

Date and Duration: 23 Nov, 2017

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 14

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:30	Reached Parmeshwari Devi Dhanuka School, Vrindavan, Mathura
11:10	Health awareness
01:30	B.P. and BMI manifestation
02:00	Left Parmeshwari Devi Dhanuka School, Vrindavan, Mathura



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

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health awareness camp

Date and Duration: 24 Nov, 2017

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 12

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:30	Reached Radha Madhav Public School, Goverdhan, <i>Mathura</i>
11:10	Health awareness
01:30	B.P. and BMI manifestation
02:00	Left Radha Madhav Public School, Goverdhan, <i>Mathura</i>



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

(U.P.) India **Website:**
<http://www.anupkgupta.com>
<https://www.facebook.com/glauniv>

IACBE

Candidate for Accreditation

International Accreditation Council for Business Education, USA

Go Green  Please don't print this e-mail unless you really need to



कृपया मह पूण एवं अतआवक जानकारी को ही िंट कर। 

कागज़ बचाएं !!! वृ बचाएं !!! पयावरण बचाएं !!!

--

You received this message because you are subscribed to the Google Groups "GLA University" group. To post to this group, send email to glauall@gla.ac.in.

Previews of the Event (08/04/2019)



EVENT REPORT

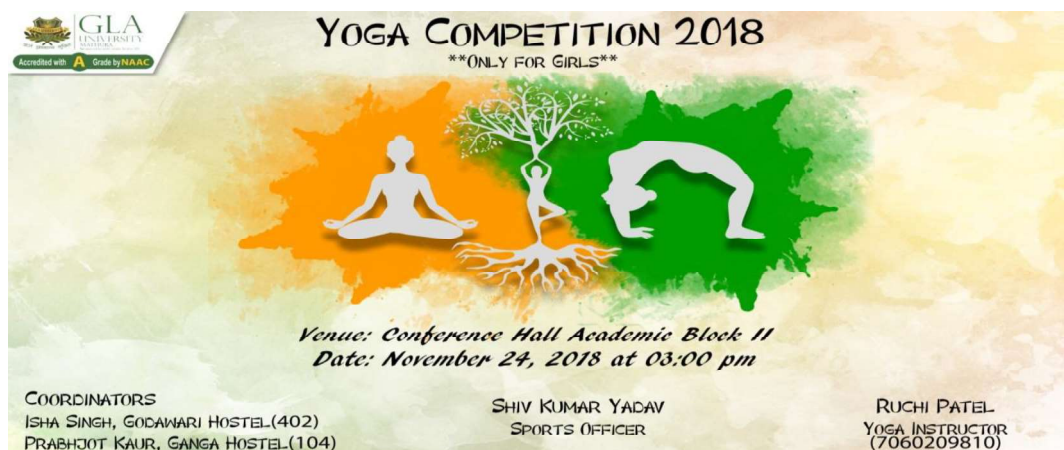
Event organizer: - Sports Department

Club associated: - (Sports Department)

Event Name: - YOGA TOURNAMENT-2018 (ORGANISED BY SPORTS DEPARTMENT)

Date: 24th-NOV- 2018.

Description: - It is a sports event organized by sports department.



Yoga increases your flexibility. ...

Yoga helps you to build strength. ...

Yoga improves your posture. ...

Yoga helps to keep your joints healthy. ...

Yoga is a powerful mindfulness practice. ...

Yoga reduces stress. ...

Yoga lowers blood pressure. ...

Yoga helps you to make healthier life choices.

Eligibility Criteria: Candidate must be a student of GLA University.

****No participation fees.**





(YOGA COMPETITION SESSION -2018-19, 24/11/2018)

Event Report

Department of Mechanical Engineering

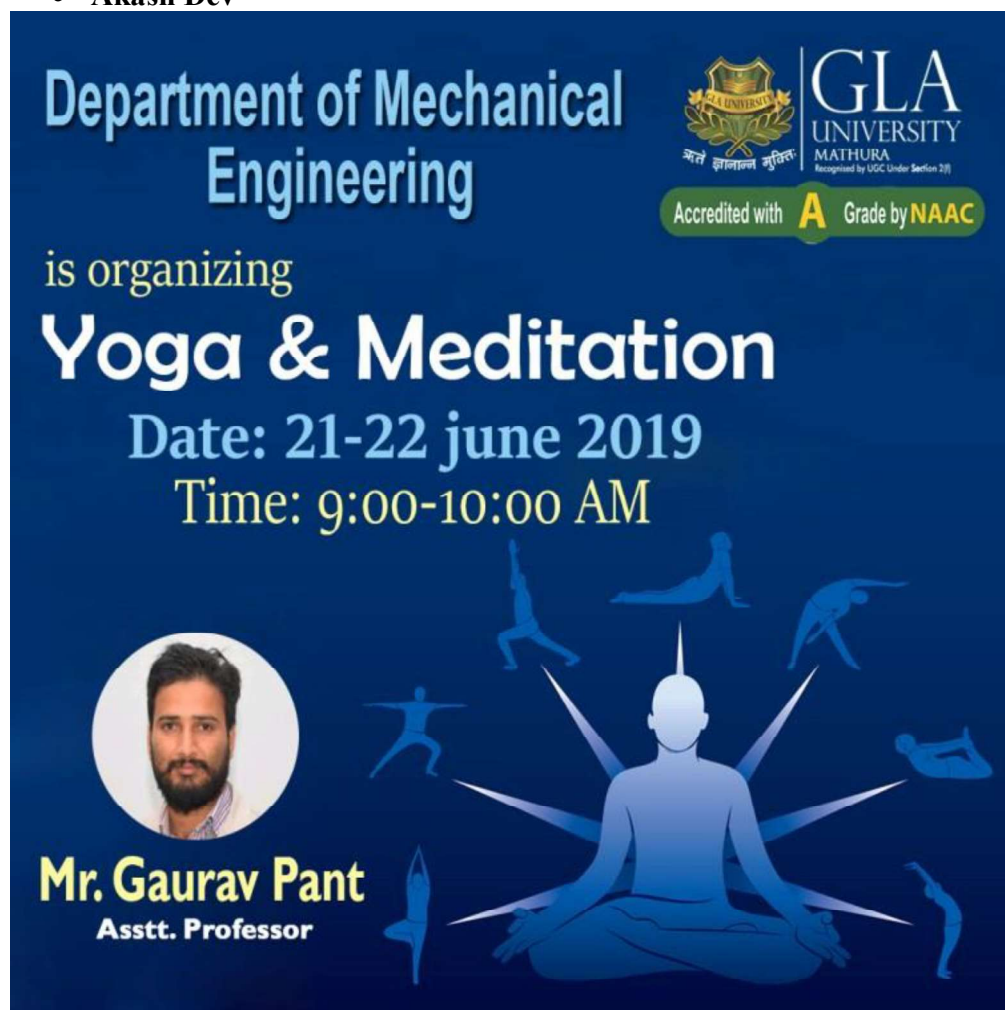
Name of Event: **YOGA and MEDITATION**

Date and Duration: **21th -22nd June 2019, 9 am to 10 am**

Faculty Coordinators: **Mr. Gaurav Pant**

Student Coordinators:

- Saransh Pradhan
- Akash Dev



Highlights of Events:

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being. Yoga is now a popular form of exercise around the world. According to a 2017 national survey, one in seven adults in the United States practiced yoga in the past 12 months. The first mention of the word “yoga” appears in *Rig Veda*, a collection of ancient texts. Yoga comes from the Sanskrit word “yuj,” which means “union” or “to join.” Yoga can be traced back to northern India over 5,000 years ago.

Indian monks spread their knowledge of yoga in the West during the late 1890s. Modern yoga teachings became widely popular in Western countries by the 1970s. The overall philosophy of yoga is about connecting the mind, body, and spirit. There are six branches of yoga. Each branch represents a different focus and set of characteristics.



Glimpses of YOGA (21/06/2019)

The six branches are:

- Hatha yoga: This is the physical and mental branch that aims to prime the body and mind.
- Raja yoga: This branch involves meditation and strict adherence to a series of disciplinary steps known as the eight limbs of yoga.
- Karma yoga: This is a path of service that aims to create a future free from negativity and selfishness.
- Bhakti yoga: This aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.
- Jnana yoga: This branch of yoga is about wisdom, the path of the scholar, and developing the intellect through study.
- Tantra yoga: This is the pathway of ritual, ceremony, or consummation of a relationship.

In GLA University, Yoga Session was organized for interested inmates under supervision of expert, in which students from Mechanical Engineering took part enthusiastically.

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



Photos of the Event (21/06/2020)



Event Report

Name of Event: YOGA and MEDITATION

Date and Duration: 20th -21st June 2020, 9 am to 10 am

Faculty Coordinators: Mr. Gaurav Pant

Student Coordinators:

- Kashish
- Raghav Rohatagi



Highlights of Events:

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being. Yoga is now a popular form of exercise around the world. According to a 2017 national survey, one in seven adults in the United States practiced yoga in the past 12 months. The first mention of the word “yoga” appears in *Rig Veda*, a collection of ancient texts. Yoga comes from the Sanskrit word “yuj,” which means “union” or “to join.” Yoga can be traced back to northern India over 5,000 years ago.

Indian monks spread their knowledge of yoga in the West during the late 1890s. Modern yoga teachings became widely popular in Western countries by the 1970s. The overall philosophy of yoga is about connecting the mind, body, and spirit.

There are six branches of yoga. Each branch represents a different focus and set of characteristics.



Glimpses: YOGA (21/06/2020)

The six branches are:

- Hatha yoga: This is the physical and mental branch that aims to prime the body and mind.
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- Bhakti yoga: This aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.
- Jnana yoga: This branch of yoga is about wisdom, the path of the scholar, and developing the intellect through study.
- Tantra yoga: This is the pathway of ritual, ceremony, or consummation of a relationship.

In GLA University, Yoga Session was organized for interested inmates under supervision of expert, in which students from Mechanical Engineering took part enthusiastically.

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health awareness camp

Date and Duration: 25 Nov, 2019

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 17

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:25	Reached Baba Kadhera Singh VidyaMandir [Senior Secondary Residential cum Day School] Sonkh, Mathura
11:10	Health awareness camp
01:30	B.P. and BMI manifestation
02:00	Left Baba Kadhera Singh VidyaMandir [Senior Secondary Residential cum Day School] Sonkh, Mathura



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 21th 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

DayTime: 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'.
- "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 DataQuest Magazine among T-Schools in the country (including IITs & NITs)



Previews of the Event (21/06/2021)



Event Report

EVENT NAME: BENEFITS OF YOGA TO IMPROVE FLEXIBILITY

DATE & DAY: 1ST NOV 2020" SUNDAY"

TIME: 11:00 AM TO 1:00 PM

NO. OF PARTICIPANTS: 370

EVENT HIGHLIGHTS: A webinar on some key benefits of Yoga to Improve flexibility is organized by Sports Department. In this online session **Dr. Lalitha Gaurav (Assisant Professor LNIPE, Gwalior); Mr. Akhilesh Kr. Pachouri (International Yoga Trainer Refree SGFI)** were present there to share the knowledge about yoga among the curious youth and sports lovers.

***Certificate of Participation are provided.**

The poster is for a webinar titled "SPORTS WEBINAR - 5: BENEFITS OF YOGA TO IMPROVE FLEXIBILITY". It is organized by the Sports Department of GLA University in collaboration with EUSAI. The event is scheduled for 1st November 2020 from 11:00 A.M. to 1:00 P.M. The poster features logos for GLA University (Accredited with A Grade by NAAC), GLAU (GLA University Mathura), and EUSAI. It lists two resource persons: Dr. Lalitha Gaurav, Assistant Professor at LNIPE, Gwalior, and Mr. Akhilesh Kr. Pachouri, International Yoga Trainer and Referee School Games Federation of India. It also lists two convenors: Mr. J.P. Singh, Sports Officer at GLA University Mathura, and Ms. Ritu Jat, Sports Coach at GLA University Mathura. A co-convenor, Ms. Jalanki Nayak, B.Tech.-CSE, 3rd yr., is also mentioned. The poster includes a silhouette of a person in a yoga pose and contact information: +91-70678 66758. It also states that e-Certificates will be provided.

Accredited with A Grade by NAAC

GLA UNIVERSITY
MATHURA

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

Dr. Lalitha Gaurav
Assistant Professor
LNIPE, Gwalior

Mr. Akhilesh Kr. Pachouri
International Yoga Trainer
Referee School Games
Federation of India

CONVENORS

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**

WEB – 5 (BENEFITS OF YOGA TO IMPROVE FLEXIBILITY) 2020-21

Dear **Dr. Lalitha Gaurav**,
Greetings of the day

I would like to invite you to have a Webinar session as a Guest speaker on the topic

"Benefits of Yoga to improve flexibility" in our University on **1st Nov 2020 from 11 AM to 1 PM**. The webinar is going to be conducted by the Sports Department of GLA University.

It will be an honor to invite you as a Guest Speaker for this session. Please consider this as an official invitation from our department. Kindly accept and confirm the invitation.

**SPORTS DEPARTMENT
GLA UNIVERSITY**

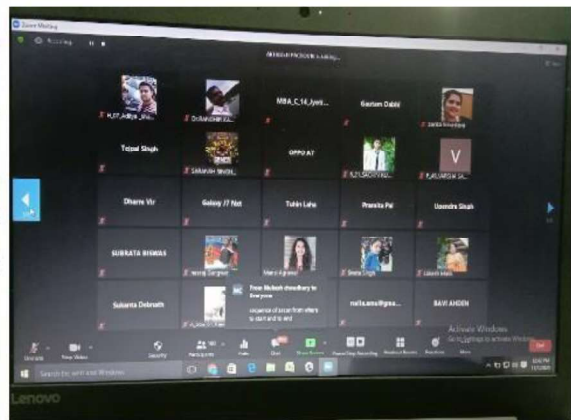
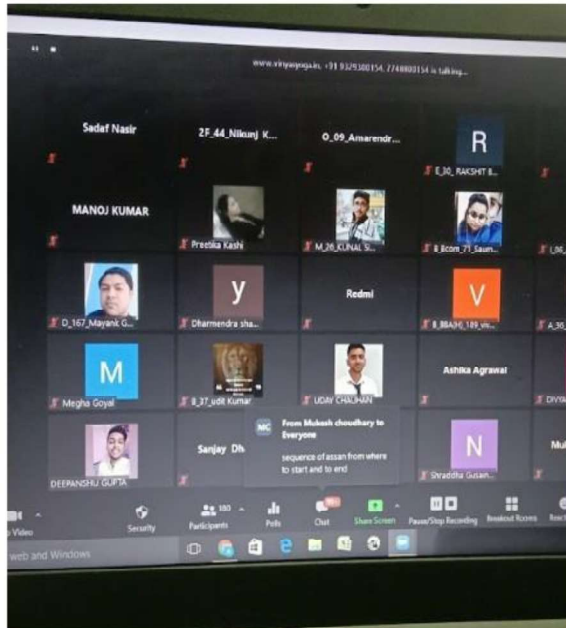
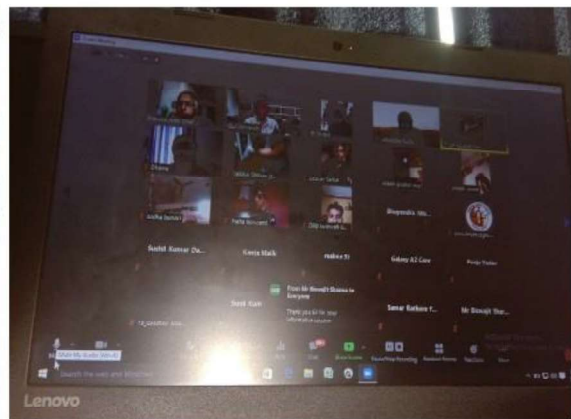
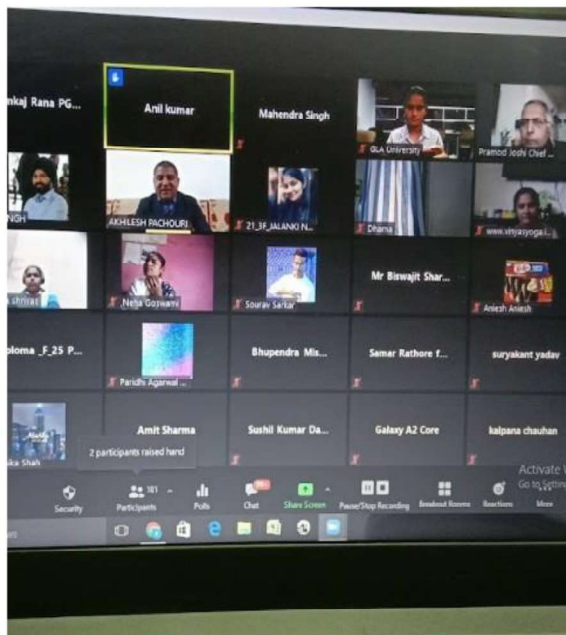
Dear **Mr. Akhilesh Kr. Pachouri**,
Greetings of the day

I would like to invite you to have a Webinar session as a Guest speaker on the **"Benefits of Yoga to improve flexibility"** in our University on **1st Nov 2020 from 11 AM to 1 PM**. The webinar is going to be conducted by the Sports Department of GLA University.

It will be an honor to invite you as a Guest Speaker for this session. Please consider this as an official invitation from our department. Kindly accept and confirm the invitation.

**SPORTS DEPARTMENT
GLA UNIVERSITY**

WEBINAR ON "BENEFITS OF YOGA TO IMPROVE FLEXIBILITY"



(YOGA ONLINE ACTIVITY SESSION -2020 -21, 01/11/2020)

EVENT REPORT

SPORTS & TOURNAMENT PROPOSAL:-

Event organizer: - Sports Department

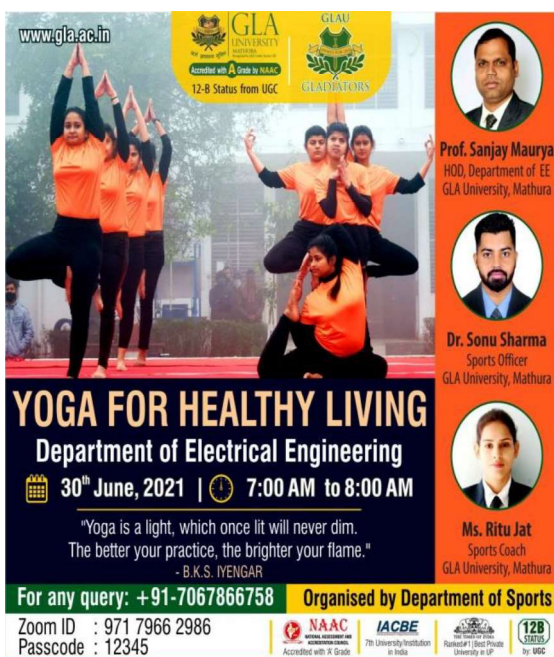
Club associated: - (Yoga club Sports Department)

Event Name: - YOGA ONLINE ACTIVITY (ORGANISED BY SPORTS DEPARTMENT-M.E.-E.E-C.E. & BIO. TECH. DEPARTMENT)

Date: 30th-JUNE- 2021.

Venue: - "YOGA ONLINE ACTIVITY"

Description: - It is a sports event organized by sports department.



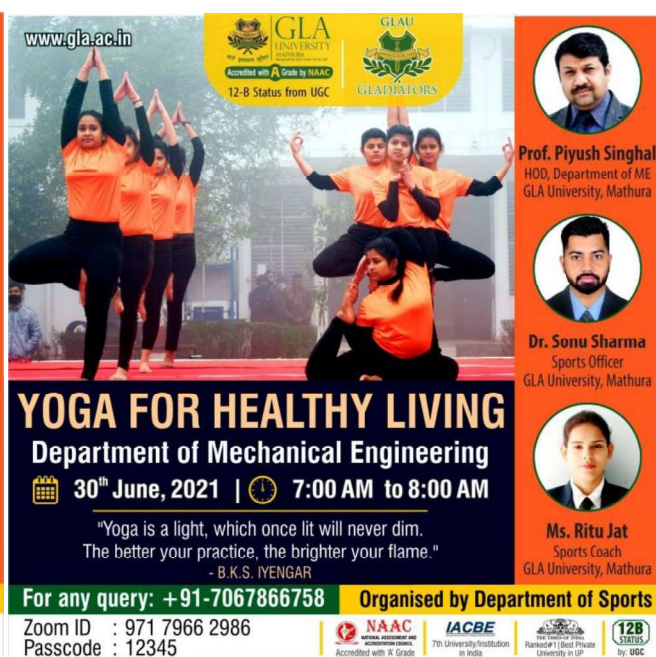
YOGA FOR HEALTHY LIVING
Department of Electrical Engineering
30th June, 2021 | 7:00 AM to 8:00 AM
"Yoga is a light, which once lit will never dim.
The better your practice, the brighter your flame."
- B.K.S. IVENGAR

For any query: +91-7067866758 Organised by Department of Sports
Zoom ID : 971 7966 2986
Passcode : 12345

Prof. Sanjay Maurya
HOD, Department of EE
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura



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. IVENGAR

For any query: +91-7067866758 Organised by Department of Sports
Zoom ID : 971 7966 2986
Passcode : 12345

Prof. Piyush Singhal
HOD, Department of ME
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura



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. IVENGAR

For any query: +91-7067866758 Organised by Department of Sports
Zoom ID : 971 7966 2986
Passcode : 12345

Dr. Sudhir Goyal
HOD, Dept. of Civil Engg.
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura



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. IVENGAR

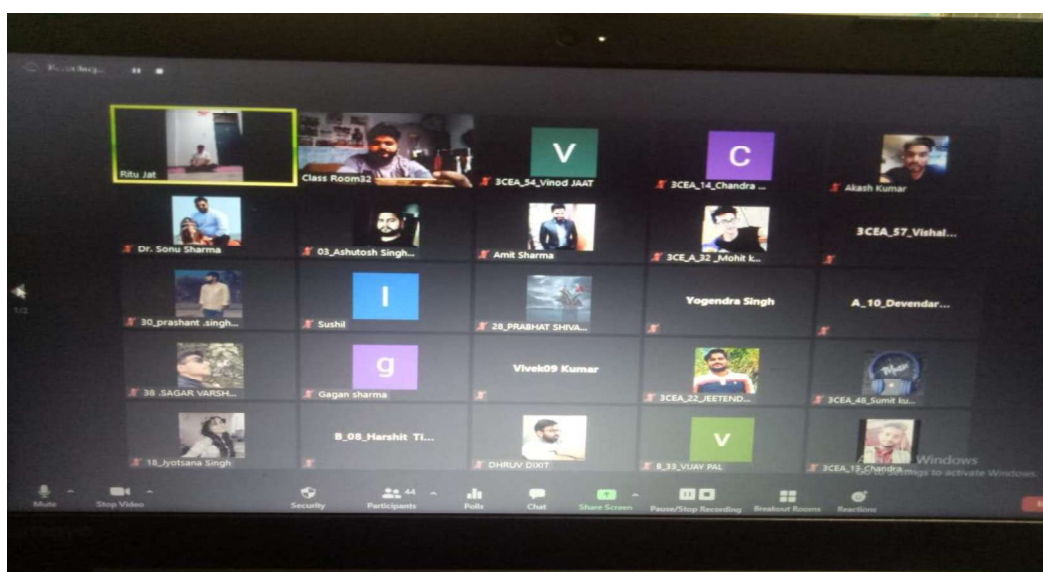
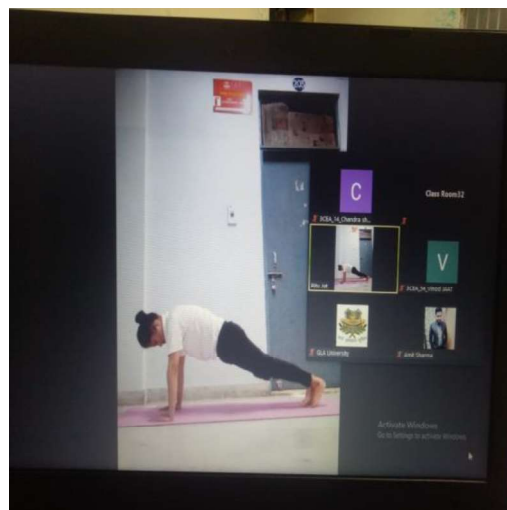
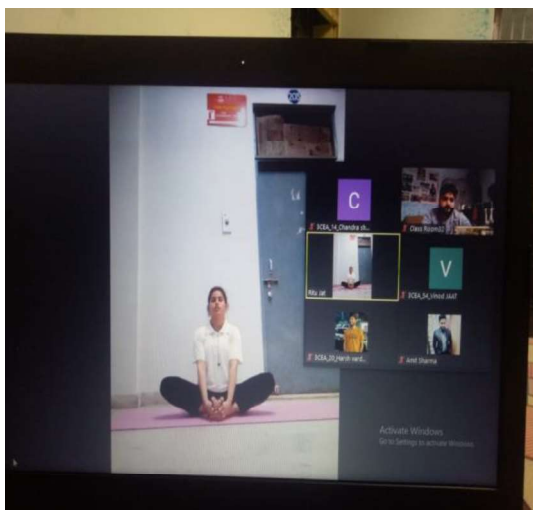
For any query: +91-7067866758 Organised by Department of Sports
Zoom ID : 971 7966 2986
Passcode : 12345

Prof. S. V. Singh
HOD, Dept. of Biotech
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura

(YOGA ONLINE ACTIVITY SESSION -2020 -21)



(YOGA ONLINE ACTIVITY SESSION -2020 -21, 30/06/2021)

Event Report

SPORTS & TOURNAMENT PROPOSAL:-

Event organizer: - Sports Department

Club associated: - (Yoga club Sports Department)

Event Name: - YOGA ONLINE ACTIVITY (ORGANISED BY SPORTS DEPARTMENT- AGRICULTURE & FACULTY OF EDUCATION DEPARTMENT)

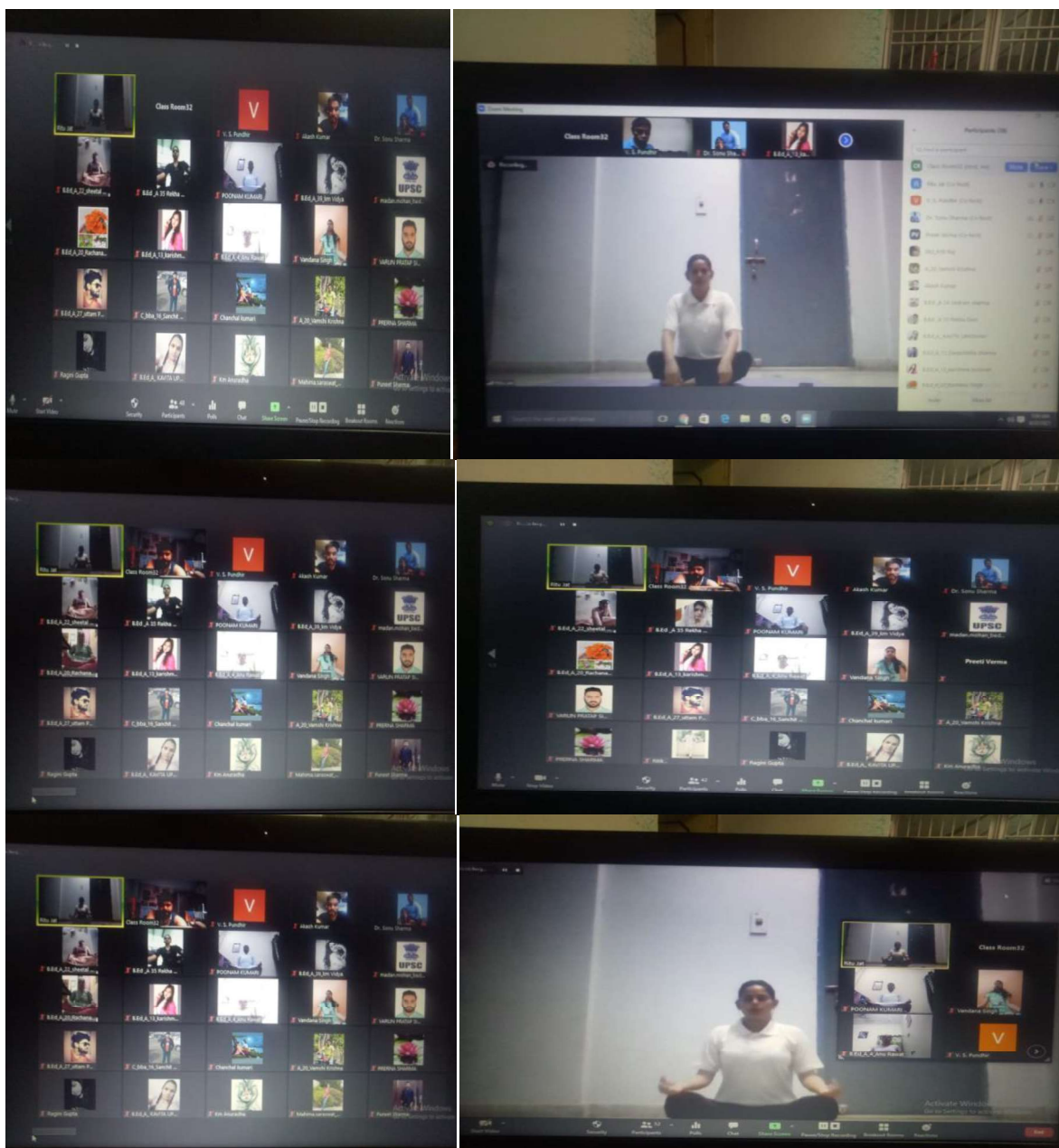
Date: 23RD JUNE - 2021.

Venue: - "YOGA ONLINE ACTIVITY"

Description: - It is a sports event organized by sports department.

	
<p>YOGA FOR HEALTHY LIVING Department of Agriculture Science</p> <p>"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. IYENGAR</p> <p>DATE - 23rd JUNE 2021 Time - 7.00Am to 8.00Am</p> <div>    </div> <p>Prof. Virendra Singh Pundir HOD of Agriculture Science</p> <p>Dr. Sonu Sharma Sports officer</p> <p>Ms. Ritu Jat Sports Coach</p> <p>Reg. Link : shorturl.at/SHMU5</p> <p>For any query: +91-7067866758 Organised by Sports Department, GLA University, Mathura</p> <p>Zoom Meeting ID : 965 4633 5062 Passcode : 010203</p>	<p>YOGA FOR HEALTHY LIVING Faculty of Education</p> <p>"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. IYENGAR</p> <p>DATE - 23RD JUNE 2021 Time - 7.00Am to 8.00Am</p> <div>    </div> <p>Prof. Kavita Varma Principal Faculty of Education</p> <p>Dr. Sonu Sharma Sports officer</p> <p>Ms. Ritu Jat Sports Coach</p> <p>Reg. Link : shorturl.at/SHMU5</p> <p>For any query: +91-7067866758 Organised by Sports Department, GLA University, Mathura</p> <p>Zoom Meeting ID : 965 4633 5062 Passcode : 010203</p>

(YOGA ONLINE ACTIVITY SESSION -2020 -21



(YOGA ONLINE ACTIVITY SESSION -2020 -21, 23/06/2021)

Event Report

Institute of Pharmaceutical Research (IPR)

Name of Event: Health Awareness Camp

Date and Duration: 12 Jan ,2021

Faculty Coordinators:

- Dr. J. K. Gupta
- Mr. Yati Sharma

No. of Participants from department: 28

Highlights of Event:

Our university runs a Health Club in the campus to achieve the awareness of health and hygiene in the campus as well as in the nearby localities. Awareness about health is the prime goal of health club. It comprises of students, staffs and faculty members of university campus. The members of health club organize various events for the welfare of mankind which includes health awareness activities in communities and schools. They also move to nearby villages in order to spread the knowledge / awareness about diseases, preventions and care. The goal of health club is to develop adequate knowledge of health- hygiene and medicines among the students and the public for their optimal physical and mental health. The activities of this club also enhance skills of the students in health care so that they may be able to apply their interpersonal expertise in the subject which may finally lead to success in their implementation of projects.

Time	Work
09:10	Gathering Near ITM Block
09:45	Departed From GLA University
10:25	Reached Prathmik Vidyalaya Puraviya, Mathura
11:10	Health awareness camp
01:30	B.P. and BMI manifestation
02:00	Left Prathmik Vidyalaya Puraviya, Mathura



Health Camp at Prathmik Vidhyalaya, Purdiya, Mathura on 12.01.21

EVENT REPORT

SPORTS & TOURNAMENT PROPOSAL: -

Event organizer: - Sports Department

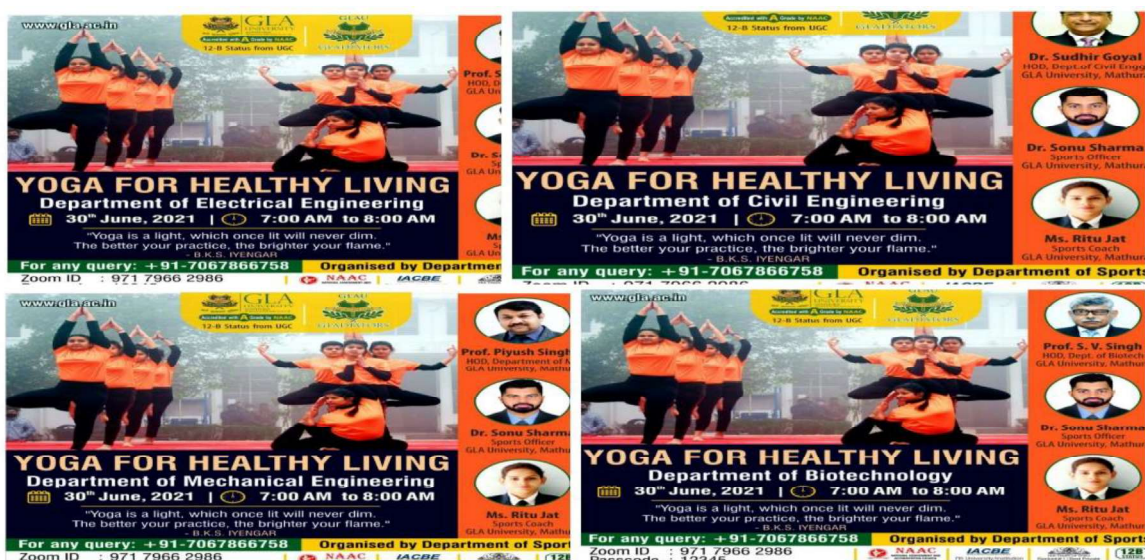
Club associated: - (Sports Department)

Event Name: - YOGA FOR HEALTHY LIVING (DEPARTMENT OF Sports)

Date: 30Th-JUNE- 2021.

Venue: - "ONLINE YOGA ACTIVITIE"

Description: - It is a sports event organized by sports department.



Yoga increases your flexibility. ...

Yoga helps you to build strength. ...

Yoga improves your posture. ...

Yoga helps to keep your joints healthy. ...

Yoga is a powerful mindfulness practice. ...

Yoga reduces stress. ...

Yoga lowers blood pressure. ...

Yoga helps you to make healthier life choices.

Eligibility Criteria: Candidate must be a student of GLA University.

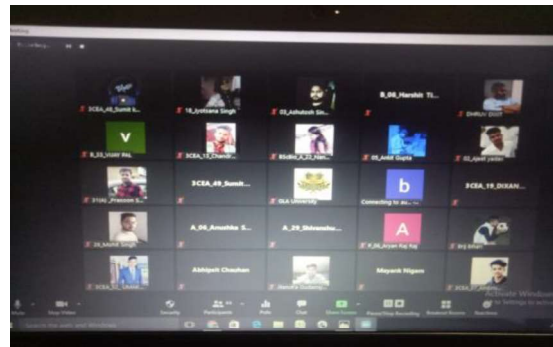
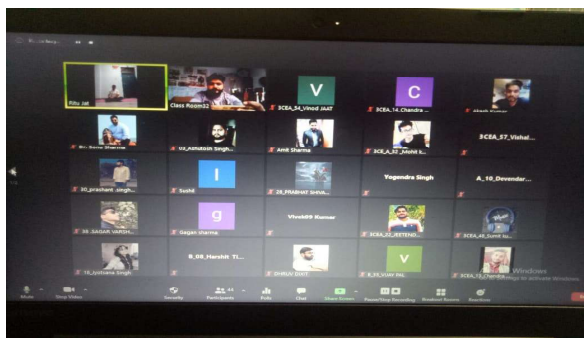
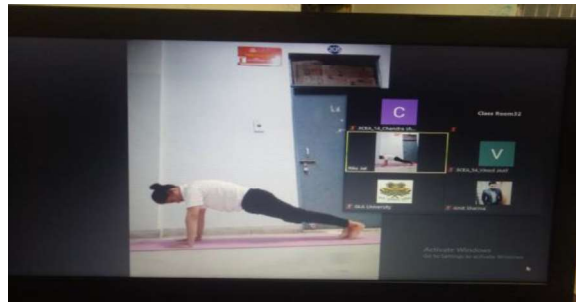
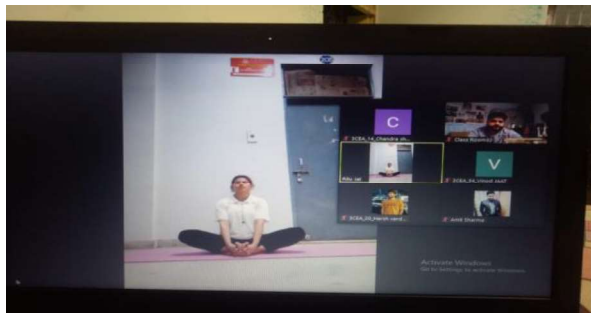
****No participation fees.**

FACULTY COORDINATOR

RITU JAT

FITNESS INSTRUCTOR

SPORTS DEPARTMENT



(YOGA ONLINE ACTIVITY SESSION 2020 -21, 30/06/2021)