

**YOGA WEEK ACTIVITY ( 15<sup>th</sup> June 2022 to 21<sup>st</sup> June 2022)**

On dated 15 June 2022, Yoga week Inauguration took place at Yoga hall, Quadra Institute of Ayurveda Roorkee. During the Yoga practice session Yogacharya Mr. Shakti Singh trained the delegates as per the protocol of Ministry of AYUSH and UAU. Total 20 beneficiaries, including 07 faculty members and 10 Students and interneers were present. Chief guest Chaudhary Vijay Pal Singh explained the benefits of Yoga to the beneficiaries.

On dated 16/06/2022, 2nd day of Yoga training camp was held successfully under Yoga Week celebration. Total 23 delegates attended the programme, including 07 faculty members, 10 students/interneers and 06 other staff were present. Chief guest Dr. Rakam Singh stressed upon the current theme "YOGA FOR HUMANITY" and motivated all the delegates to work upon.

On dated 17/06/2022, 3rd day of Yoga training camp was held successfully under Yoga Week celebration. Total 25 delegates attended the programme, including 07 faculty members, 12 students/interneers and 06 other staff were present. Chief guest Shri Aklank Jain explained the benefits of yoga especially during the period of COVID.

On dated 18/06/2022, 4<sup>th</sup> day of Yoga training camp was held successfully under Yoga Week celebration. Total 27 delegates attended the programme, including 07 faculty members, 14 students/interneers and 06 other staff were present. Chief guest Shri Manoj Goyal explained the benefits of yoga for lifestyle modification.

On dated 19/06/2022, 5<sup>th</sup> day of Yoga training camp was held successfully under Yoga Week celebration. Total 20 delegates attended the programme, including 04 faculty members, 12 students/interneers and 04 other staff were present. Chief guest Shri Narendra Singh explained the benefits of yoga in daily routine.

On dated 20/06/2022, 6th day of Yoga training camp was held successfully under Yoga Week celebration. Total 25 delegates attended the programme, including 06 faculty members, 14 students/interneers and 05 other staff were present. Chief guest Dr. Rishabh Jain explained the benefits of yoga for wellbeing.

On dated 21/06/2022, 7<sup>th</sup> day of Yoga training camp was held successfully under Yoga Week celebration/ international yoga day. Total 50 delegates attended the programme, including 15 faculty members, 21 students/interneers and 14 other staff were present. Chief guest Dr. Rakam Singh explained the benefits of yoga for wellbeing.