

**Report**  
**ONE DAY YOGA WORKSHOP**  
**ON**  
**21<sup>ST</sup> JUNE 2020**  
**INTERNATIONAL YOGA DAY**



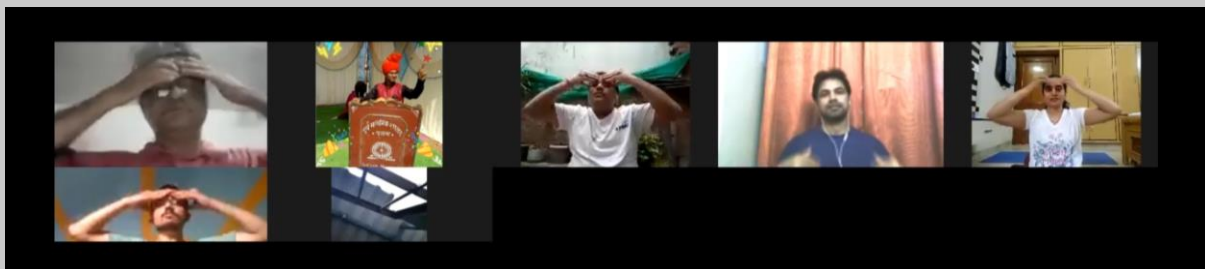
The Young Holistics (YoHo) Yoga Club of School of Environmental Sciences, JNU organised a ONE-DAY YOGA WORKSHOP on International Yoga Day on 21<sup>st</sup> June 2020 from 9:00 am to 10:30 am. The workshop started with the opening address of Prof. Umesh Kulshrestha, Dean, School of Environmental Sciences, J.N.U. He welcomed the participants and emphasized the need and importance of yoga in the daily life. He also mentioned that under COVID-19 lockdown, performing online yoga and meditation is a wise utilization of time for good health. This is the time when everyone needs stronger immunity to fight against coronavirus. The enhanced activeness through bending and twisting and immunity through exhaling-inhaling can be achieved through daily practice of yoga and meditation.

Mrs. Kopal Verma, Lead of YoHo Yoga a certified trainer from the Art of Living Organisation, carried the Yoga workshop forward. The workshop started with a basic introduction of Yoga, Pranayama and Dhyana and their implementation in day-to-day lives, practical demonstration of Sukshama Vyayama,

Surya Namaskar, various asanas, Kapalbhati and Bhastrika Pranayama. Then, this workshop was followed by a guided meditation.

A total of 23 people from different walks of life joined the session. They enjoyed the session fully and were greatly benefitted. As a feedback, the participants appreciated the event. A few people shared their experiences as very enjoyable, useful, informative and excellent. The participants will look forward to attend similar sessions in future.

**Few snippets from the session:**



The workshop was concluded by Prof. Umesh Kulshrestha, Dean, School of Environmental Sciences, J.N.U. He suggested to follow yoga and meditation for peaceful and healthy life. He thanked the participants, students and the faculty for making the event successful.

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