

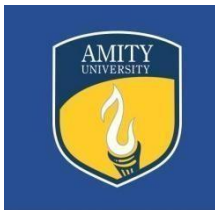
## **Consolidated Report of the Events**

Organized by

**National Service Scheme Units**



Duration: June 2021 to June 2022



Amity University Rajasthan Jaipur

### **Team NSS**

A team comprising of following members was constituted by the registrar of Amity University Rajasthan, Jaipur to execute the activities of NSS at AUR campus:

1. Dr. Manoj Kumar- **Program Coordinator**
2. Dr. Kaushal Kishore Sharma- Program Officer
3. Dr. Prashant - Program Officer
4. Dr. Kumar Sambhav- Program Officer
5. Mr. Rituraj Taye- Program Officer
6. Dr. Abhineet Saxena - Program Officer
7. Ms. Ishani Gogoi- Program Officer
8. Mr. Vikas Rawat- Program Officer

## **REPORT**

- a. Five self-financed National Service Scheme Units are actively working at Amity University Rajasthan Jaipur. During session 2020-2021, 45 volunteers joined NSS by paying annual fee of Rs. 500/- and worked in several social activities and events organized by NSS to meet the motive of NSS, Government of India “personality development through social service”. Right from inception of NSS at AUR campus several events have been organized, the details is given in following pages. Month wise list of the events:

1. Plantation Drive on 13 August 2021
2. Plantation Drive on 9 September 2021)
3. NSS Foundation Day on 24 September 2021
4. Fit India Freedom Run on 02 October 2021
5. National Unity Day on 10 October 2021
6. Wrong Side of the Road Traffic Awareness on 30 October 2021
7. Constitution Day on 26 October 2021
8. Clothes Donation Drive from 25 to 31 November 2021
9. Winter Clothes Distribution on 18 December 2021
10. National Youth Day on 12 January 2022
11. National Girl Child Day Celebration on 24 January 2022
12. Women Day Celebration at Bhuranpura on 8 March 2022
13. Water Day Celebration on 22 March 2022
14. Shaheed Diwas on 23 March 2022
15. World Health Day on 7 April 2022
16. NSS Special Camp (from 24 April to 29 April 2022)
  - Lecture by Doctor on Performance Pressure
  - Save Bird Program
  - Friendly Match
  - A Visit to BSF Camp
  - Mental Health Awareness Rally at Bhuranupra
  - Essay Writing

## Event Report



### Plantation Drive

**13 August 2021**

A tree plantation program was organized in Kalwar Vidyalaya under the aegis of NSS units of Amity University Rajasthan, Jaipur. President Professor (Dr.) Rakesh Bhatnagar started the program by planting saplings, and he told the villagers about the importance of trees and talked about planting more and more trees. He appreciated the efforts of NSS team, Horticulture team and Admin department for the programme.

On this solemn occasion, Registrar Dr. Nitin Bhardwaj, Provost Professor (Dr.) GK Aseri, Admin Director Group Captain Ajoy Mudaliar, Admin Deputy Director Shri Vikas Chauhan, Security Department Director Col Prahlad Singh, Sarpanch of Kant Gram Panchayat Shri Hariram Meena, The headmaster of the school, Mr. Kheruram Regar planted saplings.

Shri Hariram Meena, Sarpanch of Kant Gram Panchayat appreciated the work done by Amity University and expected cooperation in future also. Program coordinator Dr. Manoj Kumar thanked all the enthusiastic volunteers present in the program who came forward for this noble cause. Various departmental directors, teaching and non-teaching staff of Amity University Rajasthan participated in this program and the guidelines of Covid-19 were kept in mind during this program.

	
Hon'ble VC planting a sapling	Banner

	
<p>Plantation Drive (Group Photo)</p>	<p>Plantation Drive with Villagers</p>



### **NSS Units conducted a Plantation Drive at Amity University Rajasthan Campus**

**09 September 2021**

A tree plantation program was organized in Amity University Rajasthan Campus under the aegis of UBA Cell and NSS units of Amity University Rajasthan, Jaipur. Pro-President Professor (Dr.) Amit Jain started the program by planting saplings, and he stated the importance of trees and advised people to plant more and more trees. He appreciated the efforts of NSS and UBA team, Horticulture team and Admin department for the programme.

On this solemn occasion, Registrar Dr. Nitin Bhardwaj, Provost Professor (Dr.) GK Aseri, OSD Brig. (Retired) G.S. Rathore, Admin Director Group Captain Ajoy Mudaliar, Security Department Director Col Prahlad Singh, Admin Deputy Director Shri Vikas Chauhan, planted saplings.

Program coordinator Dr. Manoj Kumar thanked all the enthusiastic volunteers present in the program who came forward for this noble cause. Various departmental directors, teaching and non-teaching staff of Amity University Rajasthan participated in this program and the guidelines of COVID-19 were kept in mind during this program.

	
<p>PVC Prof. Amit Jain planting a tree</p>	<p>Group Photo</p>

### Report of NSS Foundation Day

**24<sup>th</sup> Sept. 2021**

To mark the National Service Scheme (NSS)'s foundation day, NSS Units of Amity University Rajasthan organized an online quiz competition. The objective of this competition is to create or spread awareness among students/volunteers about NSS. More than 100 students participated in the event. Students who scored more than 60% were awarded E-certificates. Dr. Manoj Kumar, NSS Coordinator thanked all the participants for their active participation.

### Fit India Freedom Run

**02 October 2021**

NSS Units of Amity University Rajasthan organised FIT INDIA FREEDOM RUN 2.0 to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Around 35 faculty and staff participated in Freedom Run 2.0 on campus, a total 3-kilometer run to the Kalwar Village Temple physically and others participated virtually as its concept is "it can be run from anywhere/anytime. A nationwide campaign of 'Physical/Virtual Run' has started from August 13 to October 2 to encourage fitness and help everyone get freedom from obesity, laziness, stress, anxiety, and diseases.

Prof. (Dr.) Amit Jain, Pro Vice-Chancellor, AUR motivated everyone to pursue fitness as an essential aspect of a healthy lifestyle. Dr. G.K. Aseri, Provost emphasized upon the importance of the physical, mental and emotional health in today's era, especially after COVID-19. Dr. Manoj Kumar, Coordinator, NSS thanked everyone for their presence in the program.



Prof. Amit Jain, PVC with  
NSS Volunteers

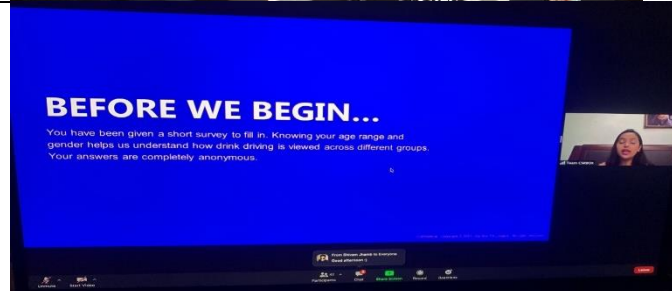
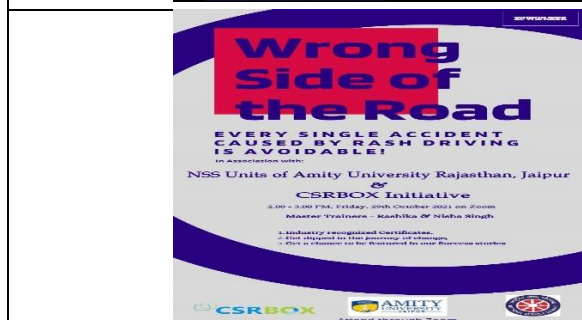


NSS Volunteers participating in  
FIT INDIA FREEDOM RUN

### Wrong Side of the Road- A Workshop by NSS Units of Amity University Rajasthan

29<sup>th</sup> October 2021

NSS Units of Amity University Rajasthan in association with CSRBOX conducted a workshop on Traffic Awareness via virtual mode. The objective of this workshop was to sensitize participants regard driving. The chief trainer of this program, MS. Nisha cited many examples of accidents occurred due to small mistakes in people's lives. She stated that people specially from 18-45 years tend to get into accidents due to silly mistakes. NSS Volunteers raised their queries, and it was well answered by the speakers. Around 75 students participated in the event. Dr. Manoj Kumar, Coordinator, NSS welcomed the speakers and talked about the importance of the event. Dr Prashant proposed vote of thanks. This program was attended by Dr. Prashant, Mr Vinod Sharma, Mr. Rituraj Taye, Mr. Amit Chaurasia along with NSS Volunteers.



## Constitution Day Celebration

**26<sup>th</sup> November 2021**

NSS Units of Amity University Rajasthan, Jaipur celebrated Constitution Day on 26<sup>th</sup> November 2021 to commemorate the adoption of the Constitution of India. Students, Faculty and Staff Member of the university read the preamble.

The aim of this activity is to make aware of our constitution as citizen of India. DSW SS Bhal read the preamble with volunteers, faculty, and staff. Prof. Parul Mishra suggested everyone to enhance the knowledge and information about Indian Constitution and to spread awareness on fundamental duties across the masses. Dr. Manoj Kumar thanked all the participants for their presence. This event was attended by Dr. Aditi, Dr. Kaushal Kishore Sharma, Dr. Prashant, Dr. Kailash Barmola, Dr. Monika, Dr. Chirmi, Mr. Rituraj Taye, Mr. Vinod Sharma etc.



Oath being taken by Volunteers



Volunteers attending the program with faculty and staff members

## Ration and cloth distribution in Achrol Village

18<sup>th</sup> December 2021

National Service Scheme Units and Unnat Bharat Cell of Amity University Rajasthan, Jaipur, in association with Anadita Foundation distributed warm clothes, ration items to the poor and destitute people for the people of Kachchi Basti in village Achrol. During 'Upahar Drive', the NSS volunteers collected warm clothes and other items from the donors from the Amity campus.

Hon'ble PVC Professor (Dr.) Amit Jain appreciated this noble work and motivated the people of the university to come forward. Dr. Nitin Bhardwaj, Registrar of the University, who was present on the 'Uphaar Drive' day stated that these events are important for holistic development of the individual and university looks forward for the organization of such events in the coming times.

NSS and Unnat Bharat Convenor Dr Manoj Kumar thanked all the teachers, staff, students and mainly volunteers of the university.

### जरूरतमंदों को दिए राशन व कपड़े



ग्राम अचरोल में जरूरतमंदों की मदद करते हुए।

**अचरोल @ पत्रिका.** ग्राम अचरोल में कच्ची बस्ती के जरूरतमंद लोगों को उन्नत भारत सेल एमिटी विश्वविद्यालय जयपुर ने अनादिता फाउंडेशन के साप्तिहिक में गर्म कपड़े और राशन सामग्री वितरित की। उपहार ड्राइव के तहत एनएसएस स्वयंसेवकों ने एमिटी परिसर से दानदाताओं से विभिन्न सामग्री एकत्रित की। इस अवसर पर विवि के रजिस्ट्रार डॉ. नितीन भारद्वाज ने स्वयंसेवकों के काम की सराहना की। संयोजक डॉ. मनोज कुमार ने यूनिवर्सिटी के शिक्षक, स्टाफ, छात्रों व स्वयंसेवकों को साधुवाद दिया।

एमिटी परिसर में राशन वितरण



Donation Drive at Achrol

## ‘उपहार मुहीम की शुरुवात



Uphaar Drive at Achorl



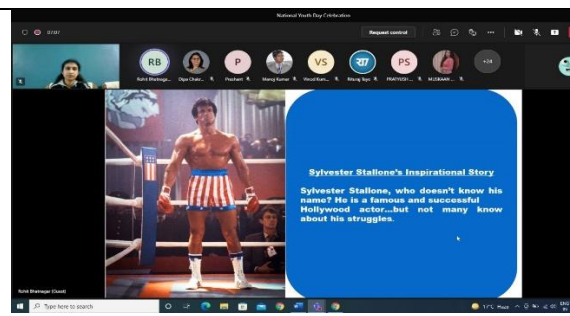
Dr. Nitin Bhardwaj, Registrar NSS Team during donation drive

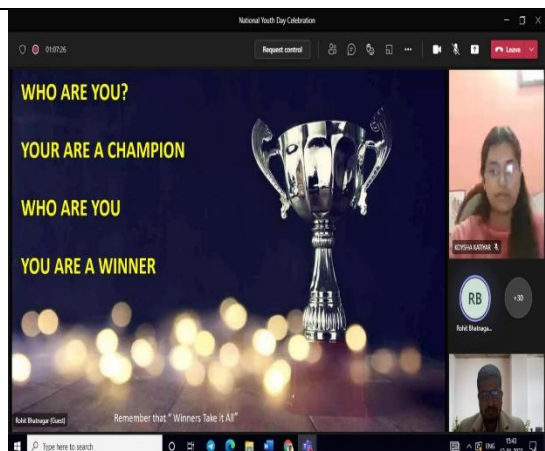
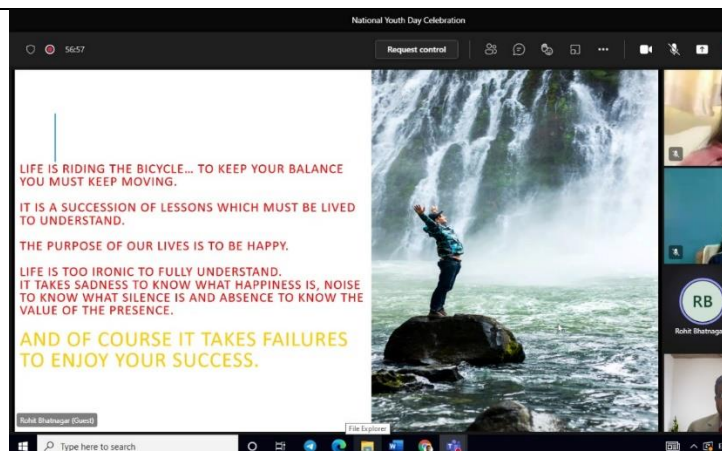
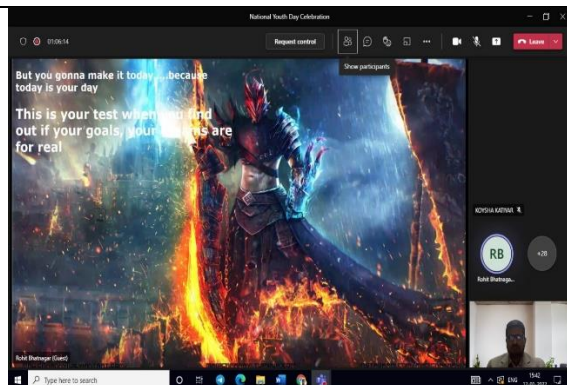
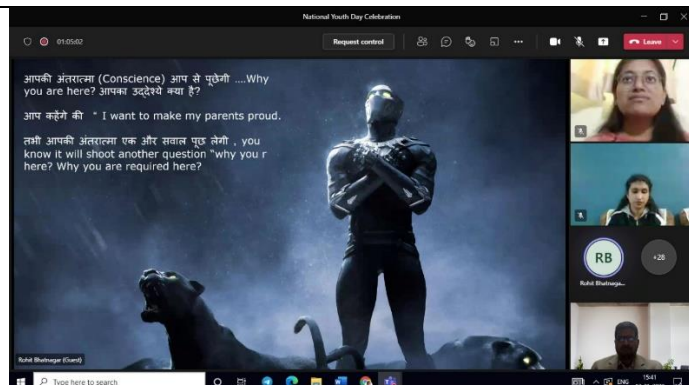
## National Youth Day

12<sup>th</sup> January 2022

To mark the occasion of birth anniversary of Swami Vivekananda, NSS Units of Amit University Rajasthan celebrated National Youth Day on 12<sup>th</sup> January 2022. Mr. Rohit Bhatnagar delivered a guest lecture on the theme “It’s All in the Mind.” Mr Rohit Bhatnagar stated that” life is hard, and it is unfair but it is only us that can get ourselves moving. Only we can decide if we can or cannot do it. We may feel dumb and lost but if we make up our mind to achieve our goal, we can achieve anything. It is true that life is hard before it is easy and therefore, we must not give up and continue to strive for the best.”

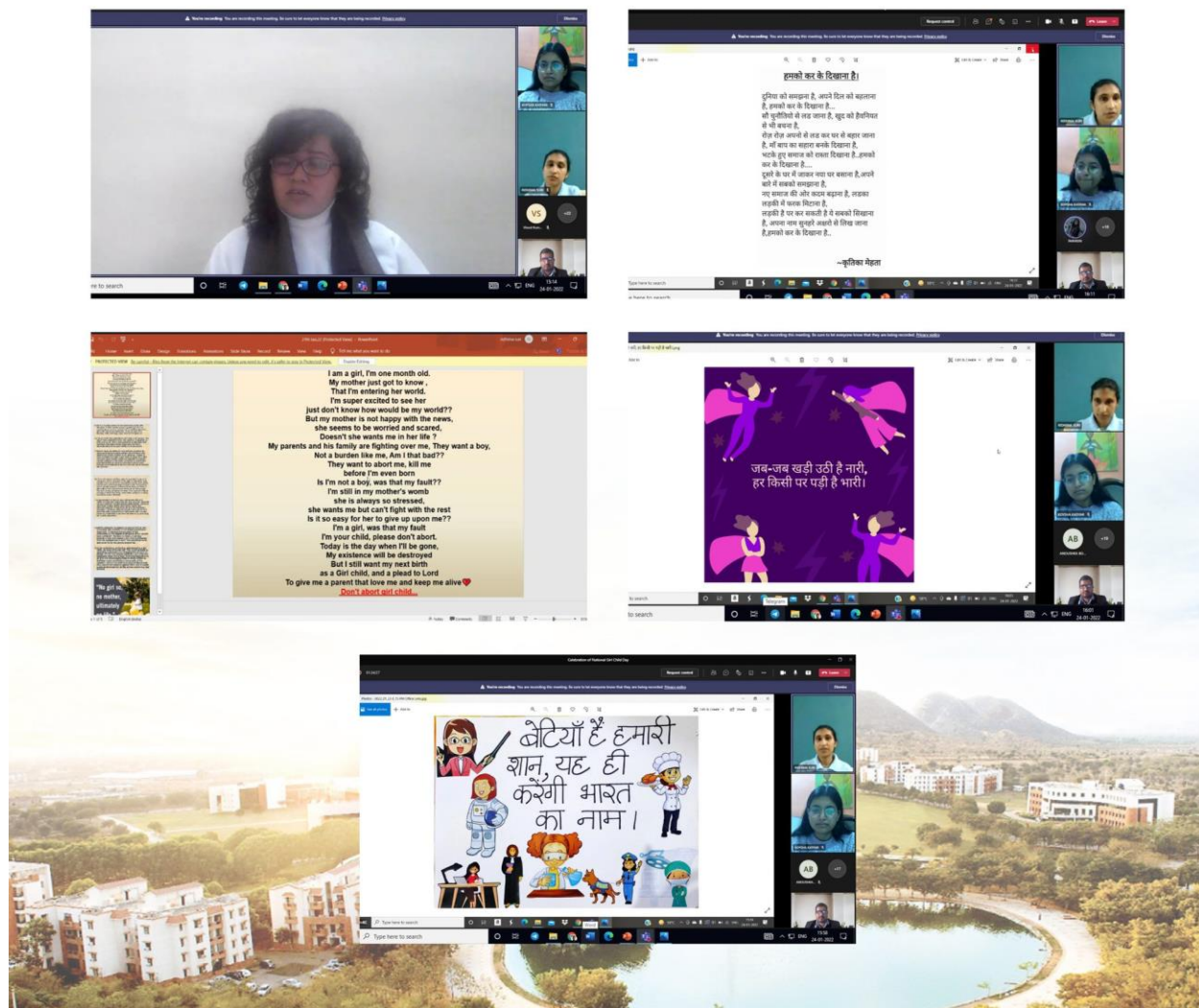
He motivated students and faculties to be positive in life. To stand again after the failure. He helped the audience understand that Failure is just a step to the stairs of success. Dr. Manoj Kumar, NSS Coordinator thanked the speaker, students, and faculty members to attend the program. This program was attended by Mr Vinod Sharma, Mr Amit Choursia, Dr. Prashant, Mr. Ronak Parikh, Mr Mangal Singh Sisodiya, Mr. Shrimanto Majumdar, Dr Sandesh Reddy and NSS volunteers.





## National Girl Child Day

National Service Scheme (NSS) Units of [AmityUniversityJaipur](https://www.amity.edu) celebrated the National Girl Child Day on 24th January 2022 which has been initiated by the Ministry of Women and Child Development. Asst. Professor Bithika Gorai, Indraprastha College, Delhi University was the chief speaker of the program. She spoke on the importance of celebrating the event and motivated female volunteers by motivating them to realise their potential. A number of volunteers presented their work on National Girl Child Day via slogans, posters, and poems.



## Report on International Women Day

8<sup>th</sup> March, 2022

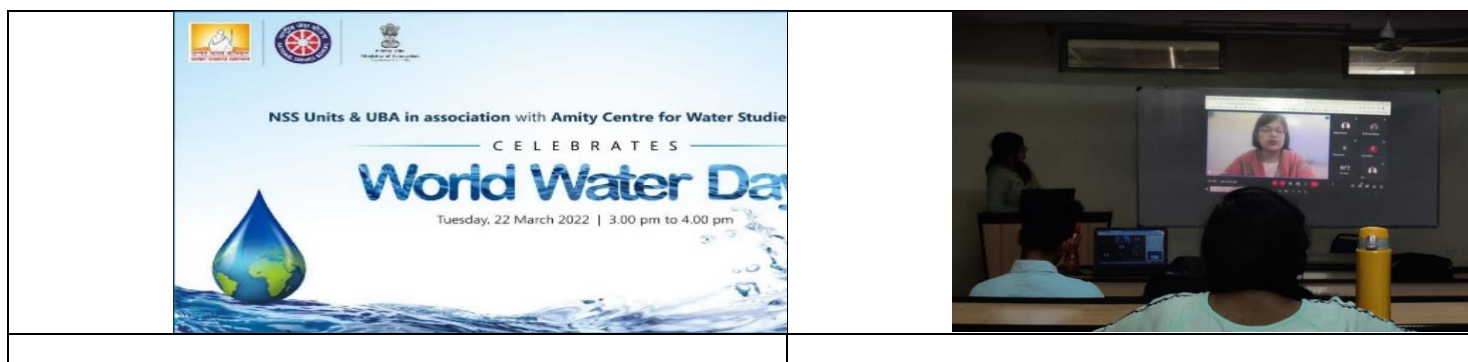
NSS Units of AUR conducted various program on International Women's Day at Govt. Senior Secondary School, Bhuranpura on 8<sup>th</sup> March 2022. The programs were conducted in association with Amity School of Languages, School of Hospitality and School of Communication. The program began with welcoming of Amity Team by school administration. Dr. Manoj Kumar thanked the everyone to participate in the program. Students of ASL recited poems and delivered speech on Gender Equality. Mr. Suganchand Gurjar, Principal Senior Secondary School welcomed all the teachers and students of Amity University. ASCO students and faculty members conducted a program on Digital Literacy Awareness. Students of ASH performed a skit at school. The meritorious girls of the school were honoured by Amity University on this occasion. This program was attended by more than 35 students of Amity University and faculty members like Dr. Parul Mishra, Dr. Yashwant Rawal, Ms. Adity Anand, Dr. Ankit, Ms. Joshita etc.

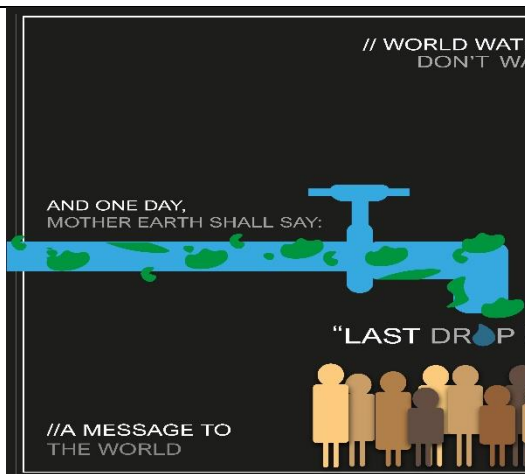


### World Water Day Celebration-2022

NSS Units and UBA Cell in association with Amity Centre for Water Studies celebrated World Water Day on 22 March 2022 via hybrid mode. Prof Shruti Mathur, AIB, AUR and Coordinator Amity Centre for Water studies and Research delivered a lecture and her talk focused on the how groundwater resources are created by the process of rainfall and percolation of water through the soil highlighting the importance of maintenance of soil structure for proper percolation and retention of rainwater.

After the talk, participants presented posters and slogans followed by quiz competition on water day. The event was attended by more than fifty students from Amity and other universities, some villagers from adopted villages and NSS officers such as Dr. Kaushal Kishore Sharma, Mr. Vinod Sharma, Mr. Rituraj Taye and Ms. Ishani Gogoi. Dr. Manoj Kumar, Coordinator NSS & UBA thanked the speaker and the participants for their active participation in the event.



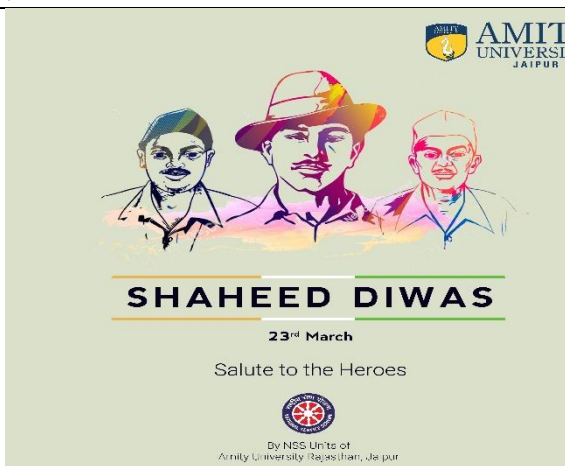


## Shaheed Diwas-2022

**23-03-2022**

NSS Units of Amity University Rajasthan observed Shaheed Diwas to commemorate the sacrifices made by Bhagat Singh, Shivaram Rajguru and Sukhdev Thapar for India's independence. Shaheed Diwas is celebrated on 23<sup>rd</sup> March to remember these great revolutionaries who sacrificed themselves for the country's independence. This day is widely celebrated across India to honor these men who lost their lives serving Mother India.

Mr. Vinod Sharma recited a poem on this occasion to evoke the emotion of patriotism. Dr. Kumar Sambhav Verma took the pledge with all the NSS volunteers. Dr. Manoj Kumar, Coordinator NSS thanked all the participants. The event was attended by Dr. Kaushal Kishore Sharma, Mr. Shivam Jhamb and other NSS volunteers.





## NSS Volunteers taking pledge



Dr. Kumar Sambhav Verma  
taking pledge

## Report of the World Health Day

**7<sup>th</sup> April 2022**

NSS Units of Amity University Rajasthan in association with We Love Caring and Shree Aashray Welfare Society celebrated World Health Day on 7<sup>th</sup> April 2022. Pro Vice Chancellor Prof. Amit Jain delivered a welcome note and motivated audience to take care of health. The major attraction of talk was Dr. Amit Bhatnagar who delivered his lecture on *Coronary Disease and Prevention*. His talk was focused on heart problems and its remedies. Dr. Amit Bhatnagar emphasized on “Prevention is better than cure.” Mr. Aardymaan Bhatnagar demonstrated an AI based health application which may help doctors and their patients to know about the latter’s health. There were many questions related to health issues. The program was attended by deans, directors and students of various departments. Dr. Manoj Kumar proposed vote of thanks. The event was coordinated by Prof. Deepali Bhatnagar and Dr. Manoj Kumar.





## Special Camp

Special Camping forms an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community.

NSS Units of Amity University Rajasthan conducted a week activity as a special camp (virtual) for NSS Volunteers. The event took place between 3<sup>rd</sup> May to 7<sup>th</sup> May, 2021. The details are as follows:-

NSS Special Camp (from 24 April to 29 April 2022)

- Lecture by Doctor on Performance Pressure
- Save Bird Program
- Friendly Match
- A Visit to BSF Camp
- Mental Health Awareness Rally at Bhuranupra
- Essay Writing

### Lecture on Performance Pressure

NSS Units of Amity University Rajasthan conducted a lecture on Health Awareness Talk on Performance Pressure or Stress Among Youth on 24<sup>th</sup> April, 2022. Dr. Manoj Kumar, Coordinator, NSS welcomed the doctor and team of We Love Caring. Dr. Rishika Agarwal delivered a lecture, at Amity University Rajasthan, on 'Stress Among Youth' amongst the youth. The topic was greatly personal to many students in the audience. Her delivery was gentle yet highly energetic, of a person who has genuine love and care for her work and by extension, for the students' mental wellbeing.

First, Dr. Rishika explained the meaning, causes and effects and different types of stress. She also explained the difference between at times beneficial stress, and the much severe and dangerous burnout. The issue of suicides amongst the youth was also raised, with warning signs of suicidal tendency to be noted. The problems and solutions of Internet Addiction Disorder were also discussed. Then, the doctor explained many solutions for stress, like relaxation techniques, virtues of diversions and spirituality. In the end, a questions and answers segment was held where the solutions to many problems of the audience were given. Dr. Kumar Sambhav Verma proposed vote of thanks. The program was attended by Lt. Colonel (Rtd) Muku Bhatia, Mr. Vikas Rawat and other NSS Volunteers.

	
Dr Rishika Agarwal and team being welcomed	Dr Manoj Kumar addressing the audience
	
Dr Agarwal addressing the volunteers	Question and Answer session
	

### Save Bird Program

As a part of the second day activity, NSS Units of Amity University Rajasthan organised a “Save Birds Program” on 25<sup>th</sup> April 2022. It started with the Director, Directorate of NSS Rajasthan, Jaipur Mr. S.P. Bhatnagar sharing his wisdom with the volunteers regarding the National Service Scheme (NSS). He motivated volunteers for participation in NSS activities and observe NSS rules and regulation. It was followed by inspirational words by PVC Professor Amit Jain for the young NSS volunteers.

Shri SP Bhatnagar, PVC Prof. Amit Jain and Dr. Nitin Bhardwaj tied the first bird feeder and poured water in it followed by other faculty members and the NSS volunteers. Many bird feeders with water were placed in the Neem Forest in the Amity Campus. Birds can find grain and insects easily to eat, but water is a rare necessity for them in such a hot weather. The event was a great success, as its goal to provide to that necessity was fulfilled. Dr Manoj Kumar, Coordinator, NSS proposed vote of thanks.

The program was attended by DSW Shri Sanjiv Bhal, Shri Mahendra Singh Shekhawat, Deputy Director, Security, Proctor, Prof. Rahul Tripathi, Dr. Kumar Sambhav Verma, Dr. Prashant Mishra, Mr. Vinod Sharma, Mr. Rituraj Taye, Ms. Ishani Gogoi etc.



Shri SP Bhatnagar being welcomed by PVC



Shri SP Bhatnagar addressing the volunteers



Tying the bird feeder and pouring water



NSS Volunteers learning about NSS Clap



Group Photo	Dr. Nitin Bhardwaj and DSW Shri SS Bhal pouring water



### Friendly Match (26/04/2022)

As a part of Special Camp, NSS Units of Amity university Rajasthan organized friendly match for volunteers. The Volunteers were divided into two teams to compete against one another. The first match was of tug-of-war. The second match was of musical chairs. The third match was of ball toss. One team won tug-of-war and ball toss, while the other one won musical chairs.

Physical action is a fundamental requirement for people, especially the youth, and is often lacking as well due to the stress of study and work. Events such as these help greatly in solving the problem of inactivity that plagues us. Events such as this should be a regular occurrence in educational institutions especially as the constant work often leads to a lack of any exercise in the youth. Dr. Manoj Kumar Coordinator, NSS distributed badge and diary to all the volunteers and congratulated the winning team. Dr. Dinesh Singh Shekhawat, Sport Officers helped in conducting the event. This event was coordinated by Mr. Rituraj Taye, Program Officer. The event was attended by Dr. Kaushal Kishore Sharma and Mr. Vikas Rawat, NSS Officer.



Dr Manoj Kumar distributing

Group



Musical Chair

Musical Chair

## An Awareness and Interactive Program at BSF Camp

27<sup>th</sup> April, 2022

NSS Units of Amity University Rajasthan organised an awareness and interactive program at BSF Camp, Labana for the NSS Volunteers. ASI Sandeep Yadav welcomed the volunteers and program officers at the entrance and took them around the BSF camp. When the volunteers reached the Officers' Mess, they were introduced to Deputy Commandant Govind Singh, the officer responsible for the camp. He gave a presentation on the history and achievements of BSF. This was quite meaningful interaction with volunteers. Afterwards, the volunteers were led outside where the service armaments of BSF were exhibited. The officers explained the workings of the INSAS Rifle, an Italian Beretta assault rifle and a 9mm semi automatic handgun to the volunteers. Dr Manoj Kumar, program coordinator, NSS thanked the BSF staff for hosting the visit and spending their time the volunteers. The visit concluded with a photoshoot. The program was attended by Mr. Vinod Sharma and Mr. Rituraj Taye along with 40 volunteers. BSF has done a lot for this country, and the youth should and could learn a great deal from their workings and commandments. Visits such as these serve not only as a change of scenery for the students, but also help build moral convictions of love for one's country.



ASI Sandeep Yadav taking volunteers for round



Volunteers in front of Jawan Awas



Group Photo



Deputy Commandant Govind Singh addressing



Volunteers observing weapons



Dr Manoj Kumar thanking to BSF staff



Group Photo



Interacting with volunteers

### **Mental Health Awareness Program at Jaichandpura Village**

NSS Units of Amity University conducted a mental health awareness program in association with Amity Institute of Clinical Psychology and Unnat Bharat Abhiyaan at Jaichandpura village on 28<sup>th</sup> April 2022. . The volunteers marched with banners and placards and shouted slogans through the village. The rally stopped at the Panchayat Bhavan where the villagers were informed of the problem of mental illness. The point was elaborated upon by skits organised by psychology students. Dr. Manoj Kumar thanked Deputy Sarpanch Mr. Shanker Lal Jat and other villagers for their presence in the program. Shanker Lal Jat welcomed the team of the students and faculty members of Amity University Rajasthan. Volunteers did four skits which depicted various kinds of mental issues and their treatment. People asked some questions, and they were well answered. The program was attended by Dr. Poonam Singh, Dr. Poonam Joshi and Dr. Shagufta.

Psychological health is of grave importance in human life, but the stigma that surrounds prevents people from seeking help. To raise awareness and to reduce this stigma is a noble cause that should always be supported.





### Report on Essay Writing Event

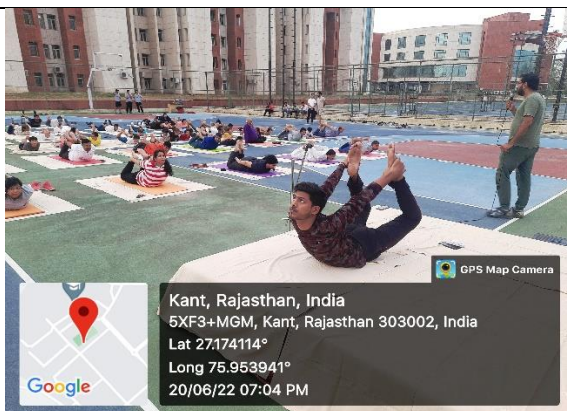
29<sup>th</sup> April 2022

As a part of Special camp, NSS Units of Amity University Rajasthan conducted an essay writing competition for volunteers on 29<sup>th</sup> April 2022. “Role of NSS in shaping Youth’s lives” topic was given for essay writing. More than 40 volunteers participated in this competition on virtual mode. The winners were Ms. Devika Choudhary, Mr. Pratyush Singh and Ms. Khushi Jangid respectively first, second and third. The event was judged by Prof. Parul Mishra and coordinated by Dr. Kaushal Kishore Sharma.

### Report of 100 Days Countdown Special Program

20<sup>th</sup> June 2022

NSS Units of Amity University Rajasthan, Jaipur organized 100 days countdown Special program, IYD- 2022 on 20<sup>th</sup> June 2022 at Basketball Ground. This year the theme was “Yoga for Humanity.” Mr Yogesh Sharma, Yoga trainer explained about common yoga protocol practice to the volunteers. The program started with welcoming of the guests. Dr Manoj Kumar introduced the trainer. The event was started with Sukshma Vyayama then to different asanas. The participants were also motivated to participate in the online “Yoga Se Ayu” quiz competition. The event was attended by Brig. (Rtd) G.S. Rathore, Dr. Pankaj Pandey, Dr Swapnesh Tareh, Dr. Kumar Shambhav, Mr. Rituraj Taye, Mr, Vikas Rawat, Mr. Rajesh Sharma and other teaching and non-teaching staff.

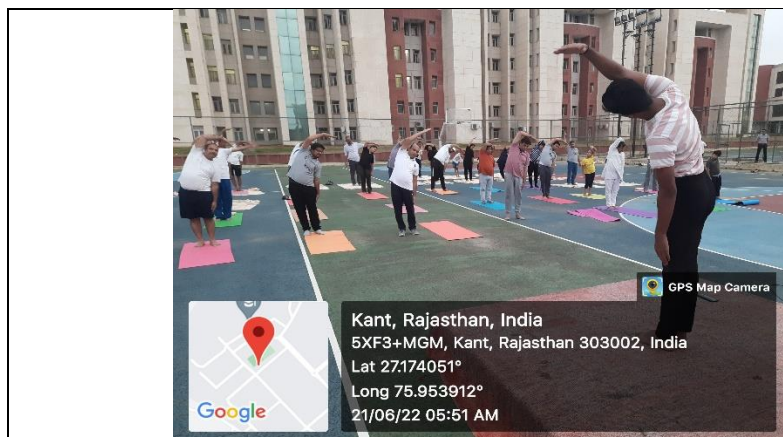




### **Report of International Yoga Day -2022**

**21<sup>st</sup> June 2022**

Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. 8<sup>th</sup> International Yoga Day was celebrated by the NSS Volunteers, staff, and faculty members on 21st June 2022 with great enthusiasm. PVC Prof. Amit Jain, Brig. (Rtd) G.S. Rathore, Mr. S S Bhal, DSW also participated in this program. Prof. Amit Jain, Pro vice chancellor emphasized upon the importance of yoga for holistic development for human beings. Mr Yogesh Sharma, Yoga trainer started with Sukshma Vyayama and then performed various asanas. The participants also performed with the same vigour and enthusiasm. After Yoga session, all the participants gathered in the auditorium for witnessing live telecast of Hon'ble Primer Minister's from Maysuru Palace. The function ended with a vote of thanks by Dr Manoj Kumar. The event was attended by Brig. (Rtd) G.S. Rathore, Dr. Pankaj Pandey, Dr Swapnesh Tareh, Dr. Kumar Shambhav, Mr. Rituraj Taye, Mr, Vikas Rawat, Mr. Vinod Sharma Sharma, Ms. Ishani Gogoi and other teaching and non-teaching staff.



Performance of Yoga



Performance of Yoga



Performance of Yoga



Various Asanas by Participants



Sukshma Vyayama by Participants



Witnessing live telecast of Prime Minister



Witnessing live telecast of Prime Minister



Prof. Amit Jain, PVC about Yoga Day



