

**Department of Yoga
D.S.B Campus
Kumaun University, Nainital.**



**Contact No.:8755516077
Email: yogakudsbntl@gmail.com**

The detailed report of the activities **International Yoga Day Celebration** done by department of Yoga is attached below.

Dr. Seema Chauhan,
H.O.D Yogic Science,
D.S.B. Campus,
Kumaun University,
Nainital (Uttarakhand)

**YOGA DEPARTMNT
D. S. B. Campus
Kumaun University
Nainital (Uttarakhand)**

Activity 4

Title of the activity	International Yoga Day Celebration
Department name	Yoga, D.S.B Campus, Kumaun University, Nainital
Date of event	21 th June 2022
Name of organisers/ contributor	Dr. Seema Chauhan & Mr. Shubham Vishwakarma

Overview: Events was done at D.S.B Campus, Kumaun University

1. Sukshma Vyayama: Sukshma Vyayama was done by the participants to loosen up the body and prepare muscles and joints for more intense yoga poses which included neck, shoulder, arm and lower body movements along with twisting and turning.
2. Yoga Session: The directions given by Ayush Mantralaya for the protocol to be followed on yoga day were performed by the participants under the supervision of Dr. Seema Chauhan.
3. Pranayama: A basic session of pranayama which involves regulating the breath in different lengths was practiced by the participants.
4. Yog Nidra: A powerful meditation technique was performed which provided complete relaxation to the participants.

Purpose:

The purpose of the International Yoga Day celebration was to promote Yoga for Humanity. The theme emphasized yoga's universality and its ability to be



practised by anyone, anywhere, and at any time, regardless of age, gender, culture and nationality.

Event detail

Date	Time	Location
14-11-2022	08:00AM-10:30AM	D.S.B Campus, Nainital
	08:00AM-09:00AM- Yoga Protocol	
	09:00AM-09:30AM- Yog Nidra	
	09:31AM-10:00AM- Address by the Vice Chancellor	
	10:01AM-10:30PM- Refreshment distribution	

Attendance and Participants: 50 students

Conclusion:

The department of Yoga was able to spread this ancient wisdom to the people by going door to door and making them aware of these practices as a way to prevent and control non communicable diseases.



Appendices

<i>International Yoga Day</i>		<i>Date: 21/06/22</i>
Name	Father's Name	Signature
Ajay Singh	Joga Singh	<i>Ajay</i>
Ankit Singh Daffoti	Prakash Singh Daffoti	<i>Ankit Singh</i>
Arjit Taragi	Kripal Taragi	<i>Arjit</i>
Dheeraj Kumar	Harish Chandra	<i>Dheeraj</i>
Hemant Kumar	Gamali Ram	<i>Hemant</i>
Manish Lama	Ramu Lama	<i>Manish Lama</i>
Nakul Dev Sah	Sanjay Sah	<i>Nakul</i>
Rahul Kanwal	Kuber Singh Kanwal	<i>Rahul</i>
Roshan Kumar	Narayan Ram	<i>Roshan</i>
Sachin Kirti	Raju Kirti	<i>Sachin</i>
Sahil Kumar	Rajendra Kumar	<i>Sahil</i>
Saurabh Kumar	Raghuveer Prasad	<i>Saurabh Kumar</i>
Yashpal Adhikari	Hosiyar Singh	<i>Yashpal</i>
Aanchal Joshi	Sanjay Kumar Joshi	<i>Aanchal</i>
Aarti Bisht	Lal Singh Bisht	<i>Aarti</i>
Bhumika Arya	Bishan Ram	<i>Bhumika</i>
Diksha Arya	Rajendra Kumar Arya	<i>Diksha</i>
Geeta Khati	Mathura Singh Khati	<i>Geeta Khati</i>
Geetanjali Pangti	Prem Singh	<i>Geetanjali</i>
Harshita Arya	Harish Chandra	<i>Harshita</i>
Harshita Mishra	Rajendra Kumar Mishra	<i>Harshita</i>
Jaya Banarji	Chitranjan Banarji	<i>Jaya</i>
Jyoti Arya	Chandra Prakash	<i>Jyoti</i>
Komal Arya	Bachi Ram	<i>Komal</i>
Manshi Gariya	Pratap Singh Gariya	<i>Manshi</i>
Meenakshi Arya	Prem Ram Arya	<i>मीनाक्षी</i>

Muskan Sahdev	Suresh	Muskan
Neha Arya	Dhani Ram	Neha
Nikita Marandi	Mangal Marandi	Nikita Marandi
Pooja Arya	Jagdish Prasad	Pooja
Priyanka Arya	Dhani Ram	Priyanka
Priyanka Darmwal	Vikram Singh Darmwal	Priyanka
Priyanshi Adhikari	Virendra Singh Adhikari	Adhikari
Radha Arya	Narayan Ram	Radha
Ramsha Siddiqui	Mohd. Ahsaan	Ramsha
Saakshi Singh	Surendra Pal Singh	Saakshi Singh
Saloni Arya	Gopal Ram	Saloni
Sarita Arya	Jagdish Ram	Sarita
Sarita Budhlakoti	Nandan Budhlakoti	Sarita
Sayyad Alisha	Sayyad Badrul Hassan	Alisha
Urmila	Om Prakash	Urmila
Vaishali Chandwal	Raja	Vaishali
Priyanshu Chand	Prakash Chandra	Priyanshu
Rohit Singh	Girish Singh	Rohit
Akansha Bhandari	Narayan Singh Bhandari	Akansha
Apoorva Bohra	Dinesh Kumar	Apoorva
Ekta Arya	Keshav Chandra	Ekta Arya
Karishma	Ganesh Ram	Karishma
Priyanka Pandey	Yogesh Chandra Pandey	Priyanka
Ritu Rawat	Devendra Singh Rawat	Ritu

Organizer: Dr. Seema Chauhan



Kantern



Kantern

Kumaun University, Nainital

1. **Title of the Report:** Workshop on Cervical Cancer and Women Hygiene, Dedicated to Women Empowerment: Health.

2. **Department Name:** Department of Commerce

3. **Date of Event:** 11.04.2023, 1pm

4. **Name of the Organisation or Contributor:** ALDAA Foundation, Lucknow (UP)

5. **Guest Speaker:** Dr. Pooja, President ALDAA Foundation.

7. **Purpose of the Event:** Menstrual hygiene management (MHM) is an essential aspect of hygiene for women and adolescent girls between menarche and menopause. Despite being an important issue concerning women and girls in the menstruating age group MHM is often overlooked in post-disaster responses. Further, there is limited debate of menstrual hygiene management in humanitarian settings.




Registrar,
Kumaun University
NAINITAL


Director,
IQAC
Kumaun University
NAINITAL

HIMANI	7037125886	HIMANINAYAL0305@GMAIL.COM
PRIYANKA	9389857646	PRIYANKANAYAL14@GMAIL.COM
ANUSHKA	8057482993	ANUSHKA.ARYA.03@GMAIL.COM
ANJALI	8218597539	ANJALIIP04@GMAIL.COM
SAKSHI	9627899565	SAKSHIPANT@GMAIL.COM
PRIYA	7454968657	PRIYABHATT2004@GMAIL.COM
YUMNA	7253044759	YUMNAJAVED2211@GMAIL.COM
AKANSHA	8279861918	AKSHUAKANSHA27@GMAIL.COM
HIMANI	7500522545	GANGADEVI9211@GMAIL.COM
VARTIKA	9761695375	BISHTVARTIKA80@GMAIL.COM
RAKSHITA	7037239454	RAKSHITANAYAL11@GMAIL.COM
UDITI	9084382884	RAWATUDITI386@GMAIL.COM
KAVITA	8448668588	KAVITACHANDOLA746@GMAIL.COM
PRIYANSHI	8054241315	PRIYANSHIBHANDARI2003@GMAIL.COM
SAHIBA	8868051853	SAHIBAHUSSEN0786@GMAIL.COM
MANISHA	8650115375	MANISHAPALARIASJ@GMAIL.COM
SHIVANI	8266022183	JALALSHIVANI94@GMAIL.COM
HIMANSHI	9760239532	NARENDRACHANDRA18@GMAIL.COM
ADEEBA	7055892135	ADEEBA@1235GMAIL.COM
ASHISH	6398240993	ASHISHKANIYAL4@GMAIL.COM
ASHISH	7060013373	ASHISHTAMTA777@GMAIL.COM
MEHAK	9761200823	MEHAKAHSAN20@GMAIL.COM
BHAWANA	8445199775	BISWASBHAWANA115@GMAIL.COM
SHRADHA	9045220835	SHRADHAVABDALU@GMAIL.COM
RITU	9690815506	
NEHA	9528582941	NEGIVINEET13@GMAIL.COM
LALITA	9368541055	BISHTLALITA584@GMAIL.COM
LATA	9027612101	LATAB6917@GMAIL.COM
SAROJ	9548164274	SJ0080557@GNAIL.COM
POONAM	9760665361	NEGI1286@GMAIL.COM
BHAWIKA	8755335923	BHAWIKABORA@GMAIL.COM
ROHIT	7817949998	BISHTROHIT66152GMAIL.COM
BHUMIKA	7300708568	BHUMIKARASTOGI10@GMAIL.COM
TUSHARENDU	7037299537	TUSHARTRIPATHI@GMAIL.COM
KANCHAN	7253082360	KANCHANBISHT@GMAIL.COM
PIYUSH	7351387702	PK2100408@GMAIL.COM
AMAN	89546886819	AKAMAN8654@GMAIL.COM


 Registrar,
 Kumaun University
 NAINITAL.


 Director,
 IQAC
 Kumaun University
 Nainital.



DEPARTMENT OF GEOGRAPHY

D.S.B. Campus

Phone: (05942)232578

Kumaun University, Nainital (U.K.)



One day Training on Cardiopulmonary Resuscitation (CPR) and First Aid

1. Title of the Report: **One day Training on Cardiopulmonary Resuscitation (CPR) and First Aid**
2. Date of the Event: **26th October 2023**
3. Names of Organizers: **Skill Development Course (Dr. Kritika Bora and Dr. D.S. Parihar)**
4. Type of activity or event: **Training Program**
5. Details of Expenditure: **NA**
6. Total No. of Beneficiaries: **25**

Head
Department of Geography
Kumaun University
NAINITAL - 263 002

Executive Summary

This one day training on CPR and First aid was organised in order to train the student of Disaster Management in the vocational/Skill development course offered by Department of Geography. The students of this course were highly profited by this training as they learned CPR (modern and traditional) and basic first aid techniques by the representatives of Indian Red Cross Society.

Introduction: First Aid and CPR training programs are essential for equipping individuals with the knowledge and skills necessary to respond effectively in emergency situations. This executive summary outlines the core elements and benefits of such training.

Purpose of the event

1. To educate participants on basic first aid techniques, including wound care, splinting, and managing medical emergencies.
2. To teach participants cardiopulmonary resuscitation (CPR) techniques for adults, children, and infants.
3. To empower participants to confidently respond to a variety of emergency scenarios, including choking, cardiac arrest and injuries.

Event Details

Date: 26th October 2023

Time: 12 Noon to 2 pm

Location of the event: Geography Lecture theatre.

Attendance and Participants

Number of attendees: 25

Demographics of participants (if relevant): None

Feedback received (if any): None

Financial Summary: The training was a volunteer work offered by the members of Indian Red Cross Society.

Income generated (if applicable): None

Conclusion: First Aid and CPR training is a valuable investment in preparedness and safety. By equipping individuals with the knowledge and skills to respond effectively to emergencies, these programs contribute to safer environments and potentially life-saving interventions.

Head
Department of Geography
Kumaun University
NAINITAL - 263 002

Appendices



Head
Department of Geography
Kumaun University
Nainital - 263 002

Attendance List

1. Apoorav Singh Fartyal
 2. Mayank Tewari
 3. Harsh Badhani
 4. Bhupendra Kumar
 5. Vishal Kumar
 6. Lipakshi Tripathi
 7. Iram Raza
 8. Kaamna Negi
 9. Akansha
 10. Nitin Singh Mehra
 11. Prince Singh dugtal
 12. Ankita mehra
 13. Pawan Singh Bohra
 14. Chandra Prabha
 15. Piyush Joshi
 16. Laxit Kalakoti
 17. Suhani Joshi
 18. Saurabh Arya
 19. Ashish Singh
 20. Mahima Arya
 21. Sakshi
 22. Tanisha Joshi
 23. Yashoda
 24. Ankit Kumar
 25. Aarti Khulwe
-


Head
Department of Geography
Kumaun University
NAINITAL - 263 002



DEPARTMENT OF GEOGRAPHY

D.S.B. Campus

Phone: (05942)232578

Kumaun University, Nainital (U.K.)

दिनांक: 26 / 10 / 2023

प्रमाण-पत्र

1-आज दिनांक: 26 अक्टूबर 2023 को रेड कास सोसायटी रुद्रपुर, उधमसिंह नगर की टीम ने B.A./B.Sc./B.Com.-I & III Semester, Vocational Course- Disaster- 2023 के समस्त छात्र/छात्राओं को रेड कास के अन्तर्गत प्राथमिक उपचार के विषय पर व्याख्यान प्रस्तुत कर जागरुक किया।

2-भूगोल विभाग, डी0एस0बी0 परिसर, नैनीताल, डा0 विमल कुमार, ट्रेनर रेड कास सोसायटी रुद्रपुर, उधमसिंह नगर का हृदय से आभार व्यक्त करता है।

प्रो0 आर0सी0 जोशी

विभागाध्यक्ष

भूगोल विभाग

कुमाऊँ विश्वविद्यालय, नैनीताल

Head

Department of Geography

Kumaun University

NAINITAL - 263 002

Head

Department of Geography

Kumaun University

NAINITAL - 263 002

Department of Yoga
D.S.B Campus
Kumaun University, Nainital.



Contact No.:8755516077
Email: yogakudsbnl@gmail.com

The detailed report of the activities **Role of Yoga & Meditation** done by department of Yoga is attached below.

Dr. Seema Chauhan,
H.O.D Yogic Science,
D.S.B. Campus,
Kumaun University,
Nainital (Uttarakhand)

YOGA DEPARTRMENT
D. S. B. Campus
Kumaun University
Nainital (Uttarakhand)

ACTIVITIES ORGANISED BY DEPARTMENT OF YOGA (2022-23)

Activity 1-

Title of the activity	Role of Yoga & Meditation, Organisation of Yoga session and lecture on importance of mental health at D.S.B Campus
Department name	Yoga, D.S.B Campus, Kumaun University, Nainital
Date of event	13 th June 2022
Name of organizers/ contributor	Dr. Seema Chauhan & Mr. Shubham Vishwakarma

Executive summary

Overview: The recent event was organized at Yoga department for the students of Botany Department.

1. Yoga Session: The session aimed to introduce students to the benefits of yoga, including physical postures and meditation. By demonstrating these practices, instructors helped students become more conscious of their health and inspired them to incorporate yoga into their daily routines. This aligns with the growing recognition of yoga's role in promoting physical and mental well-being.

2. Lecture on Mental Health: The lecture addressed the prevalent issues of



academic pressure, financial stress, and fear of failure among students. By encouraging them to dedicate time to meditation, the session sought to provide practical tools for stress management. Meditation is known to reduce anxiety and improve cognitive functions, which can lead to better academic performance and overall mental health.

Purpose of the event

- By demonstrating yoga postures, instructors aimed to raise awareness about physical fitness and flexibility.
- Meditation practices were introduced, emphasizing stress reduction and overall health.
- Students were encouraged to adopt yogic practices in their daily lives. The lecture addressed common stressors faced by students, including academic pressure and financial burdens.
- Encouraging students to allocate at least 15 minutes for meditation aimed to reduce anxiety and enhance performance.
- The event recognized the interconnectedness of physical and mental health.

A handwritten signature in black ink, appearing to read "Kantam", is located at the bottom center of the page.

Event detail

Date	Time	Location
13 th June 2022	10:00AM-12:00PM	D.S.B Campus, Kumaun University, Nainital
	10:00AM- Yoga and Meditation Session	
	11:00AM-12:00PM- Lecture on Mental Health	

Attendance and participant: 32 students

Conclusion

The practice of yoga and meditation was immensely beneficial for college students. These practices served as a powerful tool to enhance their mental clarity, reduce stress, and improve overall well being. Most of the students said that they will be incorporating these practices into their daily lives and will be looking forward for such more sessions. Ultimately these yogic practices help the students navigate the challenges of college life with calm and centered approach fostering a harmonious balance between body, mind and soul.



Appendices

ATTENDANCE
Department of Yoga: Role of Yoga & Meditation

Sl. No.	Name	Signature
1.	Ayushi S. Dinkar	Ayushi S.
2.	Chandrika Mehra	Chandrika
3.	Chetan Khattri	Chetan
4.	Deeksha Mehra	Deeksha
5.	Divyanshu	Divyanshu
6.	Divyanshu Kirola	Divyanshu
7.	Gayatri Lama	Gayatri
8.	Harshita Khatri	Harshita
9.	Isha Sirala	Isha Sirala
10.	Kiran Bisht	Kiran
11.	Kumkum Chauhan	Kumkum
12.	Mansi Suntha	Mansi
13.	Meghana Chauhan	Meghana
14.	Neha Chauhan	Neha
15.	Payal Arya	Payal
16.	Poonam Bisht	Poonam
17.	Prashant Kumar	Prashant Kumar
18.	Preeti Mahara	Preeti
19.	Prerna Tamta	Prerna Tamta
20.	Priyanshi Bisht	Priyanshi
21.	Priyanshu Kabdwal	Priyanshu
22.	Rohit Juyal	Rohit
23.	Saket Goswami	Saket
24.	Tanisha Joshi	Tanisha
25.	Gaurav Karki	Gaurav
26.	Aditya Dani	Aditya
27.	Rishabh Chandra	Rishabh
28.	Kanchan	Kanchan
29.	Lalita Bhauryal	Lalita
30.	Preeti Joshi	Preeti
31.	Sangeeta	Sangeeta
32.	Tisha Rathor	Tisha

Name of the Organizer: Dr. Seema Chauhan





**Department of Yoga
D.S.B Campus
Kumaun University, Nainital.**



**Contact No.:8755516077
Email: yogakudsbntl@gmail.com**

The detailed report of the activities **Yoga & Holistic Health** done by department of Yoga is attached below.

Dr. Seema Chauhan,
H.O.D Yogic Science,
D.S.B. Campus,
Kumaun University,
Nainital (Uttarakhand)

**YOGA DEPARTRMENT
D. S. B. Campus
Kumaun University
Nainital (Uttarakhand)**

Activity 2

Title of the activity	Awareness Program: Yoga & Holistic Health, Organisation of Yoga session at different places.
Department name	Yoga, D.S.B Campus, Kumaun University, Nainital
Date of event	15 th June 2022
Name of organisers/ contributor	Dr. Seema Chauhan & Mr. Shubham Vishwakarma

Overview: The recent event was organized at various cities by the students of department of Yoga.

1. Yoga Session: Various camps were set up for the people by the students of Yoga department.

Purpose

The purpose of setting up yoga camps was to create a conducive environment for individuals to explore and deepen their yoga practice. These Yoga camps offer participants an opportunity to engage in regular physical activity through various yoga asanas (postures). These movements enhance flexibility, strength, and balance. The practice of yoga, combined with meditation and mindfulness techniques, helps manage stress, anxiety, and tension. Participants learn to calm their minds and find inner peace. It also addresses overall well-being, including physical health, mental clarity, and emotional stability.



These camps encourage self-reflection. Participants explore their thoughts, emotions, and beliefs, fostering greater self-awareness. These camps create a sense of community. Participants bond over shared practices, discussions, and group activities. Attendees connect with like-minded individuals, forming lasting friendships and support networks. Disconnecting from screens and technology allows participants to recharge and focus inward. Yoga camps invigorate participants, inspiring them to continue their practice beyond the camp. Participants learn about yoga's ancient origins, its connection to Indian culture, and its global impact. Yoga camps bring together people from diverse backgrounds, fostering understanding and harmony.

Event detail

Date	Time: 10:00 A.M. – 11:00A.M.	Location
15 th June 2022	Name: Nandita	Sanskriti Educational Academy, Rudrapur
	Name: Shubham Gupta	Barilley
	Name: Pramod Kumar	Bhowali
	Name: Pooja Pal	Rudrapur
	Name: Ravi Gupta	Bhimtal
	Name: Lucky Nainwal	Shukhatal, Nainital
	Name: Ishita Rajput	Army Cant Nainital
	Name: Gokul Pal	Saraswati Shishu Vidya Mandir, Village Dhari

	Name: Shubham Vishwakarma	Village Basi, Nainital
	Name: Kanika	Delhi Public School, Haldwani
	Name: Priyanka	Gurukul International, Haldwani
	Name: Meenakshi Rani	Rampur

Attendance and participant: 125

Conclusion:

The yoga camps, organized by the students of the Yoga department, were a resounding success. Overall, the yoga camps achieved their purpose of promoting holistic well-being, self-awareness, and community building.



Appendices

Department of Yoga

Attendance of the awareness program

Date: 15/06/2022

Organizer: Dr. Seema Chauhan

Organizing Committee: Mr Shubham Vishwakarma

Sl.No.	Name	Signature
1	GARGEE SHARMA	Gargi
2	RAMA ARORA	Rama
3	ANURADHA	Anuradha
4	Dr. Rama Arora	RAMA
5	Praveen Kumar	Praveen
6	Sony Garwal	Sony
7	Priyanka Gupta	Priyanka
8	PRADEEP KUMAR	Prdeep
9	Suman Bansal	Suman
10	Bhanu Priya	Bhanu
11	Ranjana pathak	Ranjana
12	Dr.Kamalpreet kaur	K.Kaur
13	Shweta joshi	Shweta
14	Jyoti Chufal	Jyoti
15	Manorma Nautiyal	Manorma
16	Pragya Sao	Pragya
17	Dr.Shivani Rawat	Shivani
18	KRISHNA DAGDI	Krishna
19	Heena chuphal	Heena
20	Arvind Kumar Yadav	Arvind
21	Dr. Neelu vishwakarma	N.Kauma
22	Pinky Gupta	Pinky
23	Dr. Deepak Kumar	Deepak
24	Dr. Phatangare Ambadas Somnath	Somnath
25	Aishwarya Tandon	Aishwarya
26	Jaya Banerjee	Jaya
27	Geetanjali Pangti	Geetanjali
28	Mubashshara ansari	Mubashshara
29	Indra Chauhan	Indra
30	Dheeraj Kumar	Dheeraj
31	Rahul Singh Karmyal	Rahul

32	Apoorva bohra	Apoorva
33	Priyanka Shah	P. Shah
34	Akansha Bhandari	Akansha
35	Twinkle Dogra	T. Dogra
36	Nikita Marandi	Nikita
37	Priyanka pandey	P. Pandey
38	Deeksha	Deeksha
39	Dr. Ruchi Sah	Ruchi
40	Atul Kumar Mishra	Atul
41	Nitin kumar	Nitin
42	Priyanshu Kabdwal	P. Kabdwal
43	Manoj Kumar Arya	Manoj
44	Sagar kanyal	Sagar
45	Prema tamta	Prema
46	Mukul Bagdwal	Mukul
47	Ishita Rajput	Ishita
48	Madhumita Pathak	Madhumita
49	Poorva khati	Poorva
50	Sayyad Alisha	Sayyad.
51	Ayushi Singh Dinkar	Ayushi
52	Harshita Khatri	H. Khatri
53	Harshita Pathak	Harshita
54	Diya karayat	Diya
55	Neha Chauhan	Neha
56	Manish Lama	Manish
57	Kiran bisht	Kiran
58	Ritu Mahara	Ritu
59	Mamta Arya	Mamta
60	Om narayan mishra	Om
61	Parmar Bhavitaben Manjibhai	Bhavitaben
62	Preeti joshi	Preeti
63	Ajay Singh	Ajay
64	Arjit Taragi	Arjit
65	Ankit Singh daffoti	Ankit
66	Uday Singh Kuriya	Uday
67	Sangeeta	Sangeeta
68	Divyanshu	Divyanshu
69	Kavita Tiwari	Kavita
70	Tanisha joshi	Tanisha

71	Chetna	Chet
72	Bharat Agni	Bharat
73	Aanchal Joshi	Aanchal
74	PRIYANSHU BELWAL	Balwal
75	Laxmi Rautela	Laxmi
76	Anjali Negi	Anjali
77	Gaurav pandey	Gaurav
78	Khushboo	Khush
79	Anjali Vishwakarma	Anjali
80	Priyanshi bisht	Bisht
81	Deeksha Mehra	Deeksha
82	Charu Garkoti	Charu
83	Sakshi budakoti	Sakshi
84	Aykan	Aykan
85	Saket Goswami	Goswami
86	Kumkum Chauhan	KChauhan
87	Kajal arya	KAJAL
88	Manoj Kumar	Manoj
89	Ankit Kumar	Ankit
90	Shilpi Uniyal	Shilpi
91	Rohit Juyal	Rohit
92	Seema Mayal	Seema
93	Sneha jatav	Sneha
94	Nikita Joshi	Nikita
95	Aykan	Aykan
96	Seema goswami	Seema Gos.
97	Dolly	Dolly
98	Komal bora	Komal
99	Ritika Gaira	Ritika
100	Anita	Anita
101	Meghana Chauhan	Meghana
102	Vaishali chandwal	Chandwal
103	Ekta Arya	Ekta
104	Rishabh Chandra	Rishabh
105	Kajal	Kajal
106	Sparshi Joshi	Sparshi
107	Saloni negi	Saloni
108	Mahendra kumar Arya	Mahendra
109	Priyanshu chand	P. Chand

110	Preeti mahara	Preeti Preeti
111	Harsh Singh budiyal	Harsh
112	Harsh Singh budiyal	Harsh
113	Akanksha Nishad	Akanksha
114	Saloni Arya	Saloni
115	Sarita budhlakoti	Sarita
116	Nakul Dev Sah	Nakul
117	Prashant Kumar Agrawal	Prashant
118	Ram Ji	Ram
119	Nikita marandi	Nikita
120	Mansi Suntha	Mansi
121	Priyanka arya	Priyanka
122	Geeta khati	Geeta
123	VIVEK KUMAR	Vivek

Seema

Dr. Seema Chauhan

Department of Yoga



Kamini



Kentain



PenTairn



Kanika



Keon terms



Konferens

Department of Yoga
D.S.B Campus
Kumaun University, Nainital.



Contact No.:8755516077
Email: yogakudsbnl@gmail.com

The detailed report of the activities **Yogasana Competition** done by department of Yoga is attached below.

Dr. Seema Chauhan,
H.O.D Yogic Science,
D.S.B. Campus,
Kumaun University,
Nainital (Uttarakhand)

YOGA DEPARTMENT
D. S. B. Campus
Kumaun University
Nainital (Uttarakhand)

Activity 3

Title of the activity	Awareness Program: Yogasana Competition at HRDC, Kumaun University, Nainital
Department name	Yoga, D.S.B Campus, Kumaun University, Nainital
Date of event	20 th June 2022
Name of organisers/ contributor	Dr. Seema Chauhan & Mr. Shubham Vishwakarma

Overview: Recent event was carried out at HRDC, Kumaun University, Nainital.

1. Yogasana Competition Group Event: This event was inclusive, welcoming participants of all ages from various educational institutions. Nine teams competed, demonstrating the strength and flexibility of yogasana. The Yognilyam Institute from Almora triumphed in the male category, while D.S.B Campus led the female category.

2. Yogasana Competition for Individual Participants: Children also had the opportunity to shine individually in yogasana. Navika from Almora and Yashika from Nainital were the top performers, showcasing their dedication to the practice of yoga.

3 Artistic Dance Performance: The event also featured a creative fusion of yoga



and dance. Yashika and Suhardika, two young participants, skillfully blended various yoga postures into an artistic dance, captivating the audience with their performance.

Purpose

The yogasana competition aimed to promote physical fitness, flexibility, and overall well-being. By encouraging participants to practice and showcase various yoga postures, the event emphasized the importance of maintaining a healthy lifestyle. It also focussed on bringing together participants from different colleges and institutions to foster a sense of community. It allowed individuals to learn from each other, share their experiences, and celebrate the rich cultural heritage associated with yoga. The inclusion of an artistic dance performance that combined yoga postures demonstrated the creative potential of this ancient practice. By blending movement and expression, the event highlighted how yoga can transcend mere physical exercise and become a form of art. The winners of both group and individual competitions received recognition for their dedication and skill. Celebrating their achievements encouraged others to engage in yogasana and appreciate its benefits. Overall, the event served as a platform for holistic growth, where physical health, cultural exchange, creativity, and recognition intersected.

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Event detail

Date	Time	Location
20 th June 2022	09:00AM-03:30PM	HRDC, Kumaun University, Nainital
	09:00AM-09:50AM- Registration	
	10:00AM-10:30AM- Inauguration & Lamp Lightning Ceremony	
	10:31AM-11:30AM- Group Yogasana Performance (Female)	
	11:31AM-12:30PM- Group Yogasana Performance (Male)	
	12:31PM-02:00PM- Individual Yogasana Performance (Male & Female)	
	02:01PM-03:00PM- Lunch	
	03:01PM-03:30PM- Prize Distribution	

Attendance and participant: 85 people

Conclusion:

The Yogasana Competition Group Event not only showcased the physical prowess



of the participants but also the inclusive spirit of the event, bringing together individuals from different backgrounds. The success of the Yognilyam Institute and D.S.B Campus highlights the dedication and skill present in the region. The individual yogasana competition provided a platform for young talents like Navika and Yashika to display their commitment to yoga, which is inspiring. It's delightful to hear about the artistic dance performance that merged yoga with dance, offering a unique and engaging experience for the audience. The recognition of the winners serves to motivate others to pursue yogasana and recognize its multifaceted benefits.

Overall, the event seems to have been a holistic experience, fostering growth in health, creativity, and community spirit. It's a testament to how traditional practices like yoga can be adapted and celebrated in modern times, contributing to the well-being of society.

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Appendices

Department of Yoga: Awareness Program

Name	Father's Name	Signature
ADITYA KAMBOJ	BALVEER CHANDRA	<i>Aditya</i>
AMIT KUMAR	RAM LAL	<i>Amit</i>
AYKAN	POORAN CHANDRA	<i>Aykan</i>
CHETAN KUMAR	HARISH CHANDRA ARYA	<i>chetan</i>
CHETAN RAWAT	BHAGWAN SINGH RAWAT	<i>chetan</i>
DEEPAK MEHTA	LATE KEDAR SINGH MEHTA	<i>Deepak</i>
DHARMENDRA SINGH	SURENDRA SINGH	<i>D Singh</i>
DIYA KARAYAT	GOPAL SINGH KARAYAT	<i>Diya</i>
GARIMA ROY	HIMAL KUMAR ROY	<i>Garima</i>
GAYATRI ARYA	RAJAN LAL	<i>Gayatri</i>
HITESH PAL PANDYA	RAMESH RAM	<i>Hitesh</i>
JYOTI	BHUWAN RAM	<i>Jyoti</i>
KANCHAN TAMTA	UMESH CHANDRA TAMTA	<i>Kanchan</i>
KANIKA	JAGDISH PAPOLA	<i>Kanika</i>
KHUSHBOO	SANJAY KUMAR	<i>Khushboo</i>
LAKSHIT BISHT	GANESH SINGH BISHT	<i>Lakshmit</i>
MANISH PANDAY	SHANKAR DATT PANDAY	<i>Manish</i>
MANOJ KUMAR	PRAKASH CHANDRA	<i>Manoj Kumar</i>
NIKITA JOSHI	PRAKASH CHANDRA JOSHI	<i>Nikita Joshi</i>
NIRMALA	PURAN CHANDRA	<i>Nirma</i>
PARAS KUMAR	RAJESH KUMAR	<i>Paras Kumar</i>
SAURABH SINGH BISHT	MR GANESH SINGH BISHT	<i>Saurabh</i>
VANYA RAWAT	MOHAN SINGH RAWAT	<i>Vanya</i>
VIVEK	SANJAY KUMAR	<i>Vivek</i>
ABHISHEK TAMTA	RADHESHYAM	<i>Abhi</i>
ASHA ARYA	GIRISH CHANDRA	<i>Asha</i>

ASHISH KUMAR	CHANDAN LAL	Ashish
BHAWNA MAHARA	NANDAN SINGH MAHARA	BHAWNA
BHUMIKA ARYA	GOPAL RAM	Bhumi
DEEPA MER	RAMESH SINGH MER	Deepa
DHARMENDRA	NANDAN RAM	Dharmendra
DIVYA MEHRA	RATAN SINGH	Divya
DOLLY MAHARA	KHEEM SINGH MAHARA	Dolly
HIMANI ARYA	HEM CHANDRA	Himani
HIMANSHU MEHRA	GODHAN SINGH MEHRA	Kalpna
KALPANA	LATE JEEVAN SINGH	Kalpna
KAMLESH FULARA	KANTI BALLABH FULARA	Kamlesh
KANCHAN BISHT	DIWAN SINGH BISHT	Kanchan
KARAN KUMAR ARYA	HARISH RAM	Karan
KAVITA	GIRISH CHANDRA	Kavi
KAVITA ARYA	RAMESH CHANDRA ARYA	Kavita
KHAGENDRA BUDHA	PREMCHANDRA BUDHA	KBuddha
MANISHA JOSHI	PURAN CHANDRA JOSHI	Manisha
NANDINI BISHT	PRADEEP SINGH BISHT	Nandini
NEEMA ARYA	KUNDAN RAM	Neema
PAWAN KUMAR	HARISH RAM	Pawan
PRADEEP CHANDRA	VIPIN CHANDRA	Pradeep
PRARTHANA TAMTA	MOHAN CHANDRA TAMTA	P. Tamta
RITIKA	GIRISH KUMAR	Ritika
SAGAR	ANAND PRAKASH	Sagar
SANTOSH	BHUWAN CHANDRA	Santosh
SAURABH KUMAR	GOPAL RAM	Saurabh
SHUBHAM KUMAR	GOPAL RAM	Shubham
SONIYA CHAUHAN	JIWAN SINGH	Soni
SUHANI ARYA	KAILASH CHANDRA	Suhani
SUMIT MAHRA	HIMMAT SINGH MAHRA	Sumit
SURAJ RAWAL	DHANBAHADUR RAWAL	Suraj
VIVEK KUMAR	DUNGAR RAM	Vivek
YASH VARDHAN SINGH	THAKUR PAL SINGH	Yash
YOGESH CHANDRA	NAND KISHOR	Yogesh
ANITA	SHOBHANI RAM	Anita
APEKSHA RANA	SATISH SINGH	Apeksha
AYUSHI LALIT VERMA	RAKESH VERMA	Ayushi
BHUWAN CHANDRA	DIWANI RAM	Bhuvan Chandra
DOLLY	BHUWAN CHANDRA	Dolly

ISHA ARYA	HARISH CHANDRA	ISHA
KAJAL	KAILASH CHANDRA	Kajal
KAJAL ARYA	GIRISH LAL	Kajal
KIRAN GAUNI	PAN SINGH GAUNI	Kiran Gauni
LAVENDRA KUMAR	BALDEV PRASAD	Lkumar
LAXMI RAWAT	RAJENDER SINGH RAWAT	Laxmi Rawat
MANOJ KUMAR ARYA	DEEWAN RAM	Manoj
MEENAKSHI GAUNI	BHUPAL SINGH GAUNI	meenakshi Gauni
POORVA KHATI	ANAND SINGH	Poorvi
RISHITA CHANDRA	RAMESH CHANDRA	Rishita
RITIKA GAIRA	HARSH SINGH GAIRA	Ritika
SAKSHI BUDAKOTI	SATISH CHANDRA BUDAKOTI	Sakshi
SAKSHI JALAL	RAKESH SINGH JALAL	Sakshi Jalal
SALONI NEGI	DHIRENDRA SINGH NEGI	Saloni
SPARSHI JOSHI	NARENDRA KUMAR JOSHI	Sparshi
VAISHALI ARYA	BISHAN LAL	Vaishali
VAISHALI RANA	DILLU SINGH	Vaishali
YATI SAHDEV	DINESH KUMAR SAHDEV	Yati
ZUBAIR ALI	SAHID AHMAD	Zubair
ANKIT KUMAR	CHANDAN LAL	Ankit Kumar

Organizer: Dr. Seema Chachan



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