



**ASHTAVAKRA INSTITUTE OF REHABILITATION
SCIENCES AND RESEARCH**

Approved by Rehabilitation Council of India

Circular

All the students are hereby informed that "online YOGA workshop "programme will be organized from 30th August 2020 to 9th September 2020 to through Microsoft Teams App. All the students are requested to give their names for participation for poster making and Debate competition to your respective class-In-charge.

Anupama

ANUPAMA GUPTA
NSS INCHARGE

Sanjana Mittal

SANJANA MITTAL
DEPUTY DIRECTOR



Copy to:

4. Director
5. Dean Academic
6. HOD – ASD Dept.



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

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TEN DAYS ONLINE YOGA WORKSHOP (30 AUG– 09 SEPT 2020)

"My Life My Yoga"

Event: Yoga Online Workshop

Date: 30th August – 09th September 2020

Time: 10 days

Venue: Students respective Homes

Convener/Incharge: Ms. Anupama Gupta (Faculty ASD, Department)

Number of Students: 45

Purpose of the Event: Ten Days Online National Yoga Workshop "**My Life My Yoga**", A Sequel to Mind over Matter Series organized by GGSIPU NSS Cell and NSS Cell, Army Institute of Education, Greater Noida, affiliated to GGSIPU, Delhi in collaboration with the esteemed Adhyatm Yoga Sansthan in order to give different perspective in exploring the spiritual realm.

Objective of the Event: During this pandemic, this "*National Online Workshop*" helps people out there to reduce their anxiety by involving them in learning something new and bringing immense physical and mental health benefits.

Report of the Event: Making time for yoga, *Ashtavakra Institute of Rehabilitation, Science and Research, Rohini*, decided to assist students in coping with corona anxiety through getting involved in yoga.

Students of b.ed ASD, ID, HI participated and took time for this workshop and got to know how to boost flexibility and strength. They were taught various meditation and breathing exercises. Different sessions were conducted in order to bring well-being, happiness and bliss in student's life through yoga

Bring the healthiest change in your life by yoga





Sirsasana



*Padma
Mayurasana*



Chakrasana



Hybrid Pose



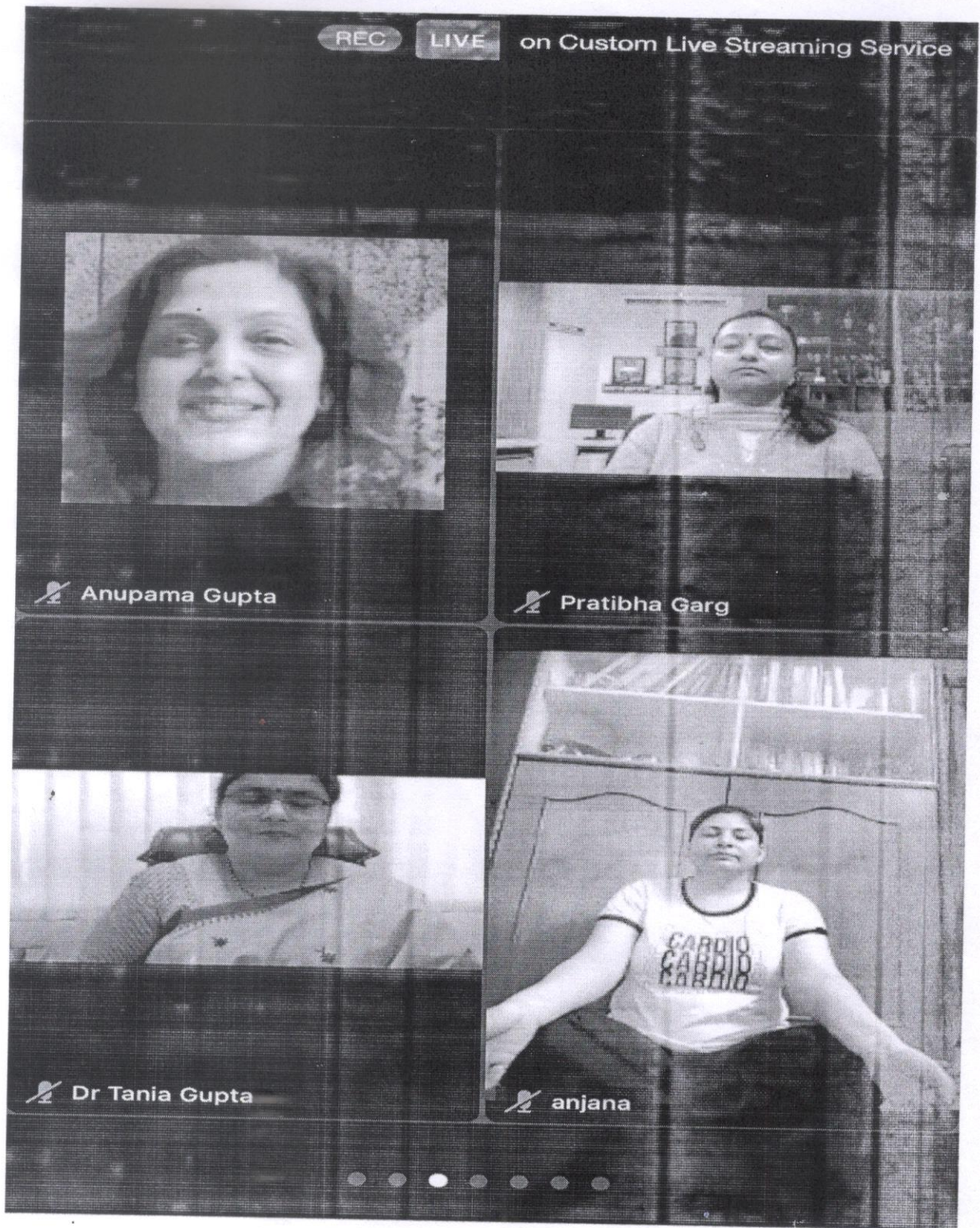
Malasana

Learning Outcomes :

- Reduce & Eliminate **Stress**. The most popular reason that people begin taking yoga classes is to reduce **stress** as college students are under a lot of **stress**, even from day one. ...
- Reduce Conflict. ...
- Improve Concentration. ...
- Improve **Posture**. ...
- Strengthen Core.

Ahans

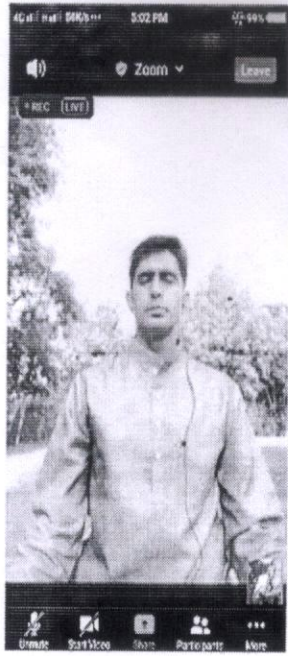




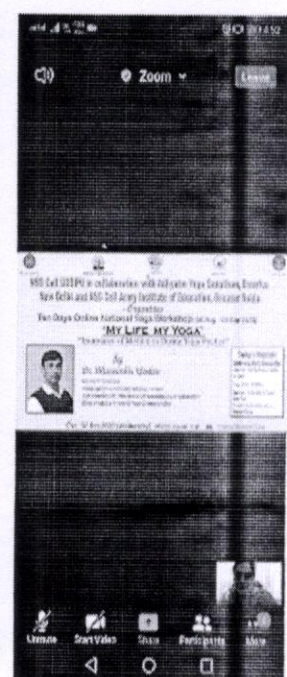
Take care of your body. It's the only place you have to live in

Anhama





**KEEP
CALM**



**DO
YOGA**

Ashutosh





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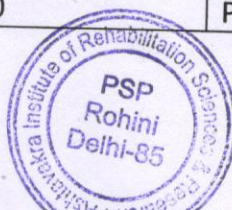
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E-mail: directorrehab@tecnia.in

LIST OF BENEFICIARIES

Sr. No.	ENROLLMENT NUMBER	STUDENT NAME
1.	00152312420	SONALI SWAROOP
2.	00752312420	HIMANI SHARMA
3.	01152312420	ABHISHEK RAGHAV
4.	00552312420	SAKSHI JOSHI
5.	00252312420	NAMAN KUMAR
6.	01352312420	MANMEET KAUR SETHI
7.	00852312420	SAFEZ MALIK
8.	01552312420	SANJAY
9.	01852312420	SUMIT
10.	02152312420	AAKANSHA SINGH
11.	02252312420	MUSKAN WADHWA
12.	00152312420	SONALI SWAROOP
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21.	02152312420	AAKANSHA SINGH
22.	02252312420	MUSKAN WADHWA
23.	01052312220	POOJA KUMARI
24.	01452312220	TANU
25.	01552312220	KHUSHALI
26.	01652312220	PRATIBHA
27.	00352312220	VARSHA MEENA
28.	00952312220	PRIYANKA SHARMA
29.	00552312220	VIBHA GUPTA
30.	00152312220	TEENA KHANNA
31.	00252312220	KOMAL SHARMA
32.	01752312220	PAYAL NAGPAL

Ahama





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Sr. No.	Enrollment No.	Name of Student
33.	00852312220	SAKSHI
34.	01252312220	MEGHA BISHT
35.	00452312220	NIRUKTA TRIPATHI
36.	01152312220	BHAVIKA
37.	00752312220	SHIVANI YADAV
38.	01852312220	BABITA POUDEL
39.	01952312220	SAKSHI YADAV
40.	35152312220	KAJAL RATHEE
41.	35252312220	KAVITA
42.	02052312220	SHELLY JAIN
43.	00852312220	SAKSHI
44.	01252312220	MEGHA BISHT
45.	00452312220	NIRUKTA TRIPATHI



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