



ASHTAVAKRA
Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



राष्ट्रीय सेवा योजना

National Service Scheme

युवा कार्यक्रम और खेल मंत्रालय

Ministry of Youth Affairs and Sports

भारत सरकार

Government of India

EVENT NAME: International Yoga Day

Title of Activity*

Values

International Yoga Day Awareness Program

The Students will be able to promote yoga as a means of healthy ageing.

The Students will be able to demonstrate the importance of yoga for physical and mental well-being.

The Students will be able to participate in and organize community awareness program on the benefits of yoga.

The Students will develop proper breathing and relaxation techniques.

Learning Outcomes

The Students will improve flexibility, balance, and physical fitness.

The Students will understand the importance of yoga for mental well-being and stress management.

The Students will build awareness of healthy ageing, holistic health, and mindful living.

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *

NSS Cell

Program Theme*

International Yoga Day

External Expert / Internal Expert

Ms. Preeti Goyal

Date*

21st June 2026

Time*

11:00A.M – 12:00 Noon

Venue

AIRSR, SECTOR-14, ROHINI DELHI-110085

Poster/Flyer/Notice*

Celebrate Wellness, Embrace Yoga




The Ashtavakra
ASHTAVAKRA
Institute of Rehabilitation
Sciences and Research
5, PSP Institutional Area,
Madubhan Chowk Rohini,
Sector-14, Delhi-110085

International Yoga Day

Yoga for Harmony, Health & Happiness


**CELEBRATION
DATE**
20-06-27


**INTERNATIONAL
YOGA DAY**
21-06-26


CELEBRATION DATE
20-06-27


VENUE
AIRSR


TIME
**9:00 AM
to 11:00 AM**


ACTIVITY
NSS

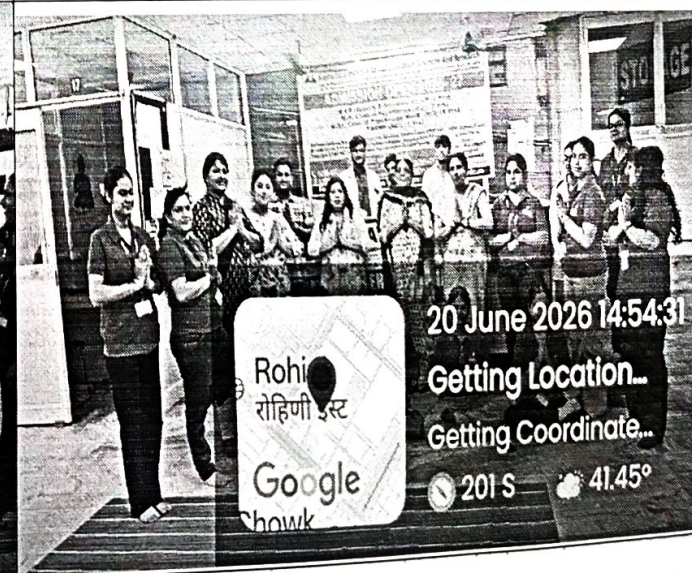
COORDINATOR
Preeti Goyal

Breathe Deep. Stay Calm. Live Healthy.

One World, One Health, One Yoga

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/reel/DZzgwfoPJ7A/?igsh=MXdscXZsZXVpOGt1MA==
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement) Google Form Link	35
No. of Faculty* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	12
No. of External Participants (students + faculty) [write NA if not applicable]	NA

Photograph of the Event with the Caption



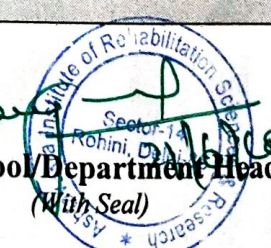
Report: Description in (min 250 to max 800 words) *

International Yoga Day was celebrated at AIRSR with great enthusiasm and participation from children and teachers. The program aimed to highlight the importance of yoga for a healthy body and peaceful mind. All the students and teachers joined the celebration with full energy and interest.

The event began with a short introduction about the benefits of yoga in daily life. The Students performed simple yoga asanas and breathing exercises under the guidance of their teachers. They participated actively and showed great excitement throughout the session. The teachers also joined the program and encouraged the children to practice yoga regularly for better health, concentration, and discipline.

Mrs. Sanjana Mittal, Deputy Director, was present on the occasion and appreciated the efforts of the college in organizing the yoga day celebration in such a wonderful way. She motivated the students and staff to continue yoga as a part of their routine life.

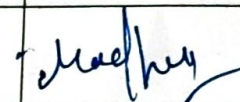
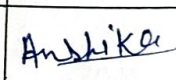
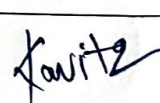
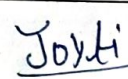
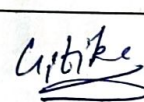
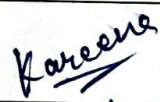
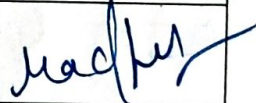
The celebration created a calm, positive, and cheerful environment in the college. It helped students understand the value of yoga and its role in physical fitness and mental well-being. Overall, the International Yoga Day celebration at AIRSR was very successful, meaningful, and memorable for everyone involved.

Recourse Person	Ms. Preeti Goyal
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	<i>Event was full of joy, productive and interactive.</i>
Report Submitted by Convener (write faculty coordinator name)	Ms. Preeti Goyal
For Office Use	
 In-Charge, Cultural Club Ashtavakra Institute of Rehabilitation Sciences and Research Mehrauli, New Delhi-110066	 Signature of School/Department Head (With Seal) 

List of Beneficiary

Fields marked with '*' are mandatory

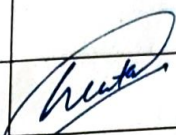
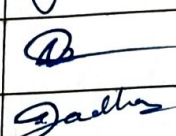
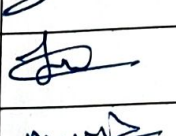
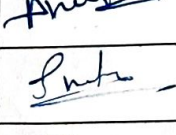
LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Enrollment	Signature
1.	SARASWATI DASS	00252312423	
2.	MANSI GUPTA	00352312423	
3.	PAYAL JAIN	00452312423	
4.	KHUSHI AHUJA	00552312423	
5.	TANNU SHOKEEN	00652312423	
6.	SHIWANI	00752312423	
7.	ANSHIKA	00852312423	
8.	KAVITA	00952312423	
9.	JYOTI YADAV	01052312423	
10.	GITIKA	01152312423	
11.	DEEPANSHI	01352315645	
12.	PARUL BHATIA	01352312423	
13.	MAITREYI	01452312423	

14.	TANU BAISOYA	01552312423	Tanu
15.	CHANCHAL	01652312423	Chanchal
16.	AKANKSHA GANGULY	01752312423	Akanksha
17.	JASPREET KAUR	01852312423	Jaspreet
18.	KALYANI	35152312423	Kalyani
19.	SIMRAN	35252312423	Simran
20.	MANIKA	02352312422	Manika
21.	NIKITA	02452312422	Nikita
22.	SHIVANI	00552312424	Shivani
23.	Vanshika Goyal	00252312424	Vanshika
24.	KIRTI GOEL	00352312424	Kirti
25.	Yash	00452312424	Yash
26.	KARISHMA KUMARI	00552312424	Karishma
27.	BHAWANA	00652312424	Bhawana
28.	ARCHANA KUMARI	00752312424	Archana
29.	RUPAL	00852312424	Rupal
30.	PREKSHA GUPTA	35152312424	Preksha
31.	SIMPLE SOLANKI	35252312424	Simple
32.	MANSI SOLANKI	35352312424	Mansi

33.	MUKUL	00152312224	
34.	Afsana	00252312224	
35.	NEHA	00352312224	

LIST OF FACULTY MEMBERS

S.No.	Name	Enrollment Number/Course)	Signature
1	Mrs. Geeta Bhutani	HOD(ID)	
2	Ms. Preeti Goyal	Coordinator (ASD)	
3	Mr. Sandeep Tiwari	Faculty (ASD)	
4	Mr. Mohd Haseeb	Coordinator (ASD)	
5	Ms. Radha Rani Rawat	HOD (HI)	
6	Mr. Jitender Srivastava	Faculty (HI)	
7	Ms. Anoushka Sharma	HOD (LD)	
8	Ms. Sneha	Faculty (LD)	
9	Ms. Bhawana	Faculty (MD)	