

**CORDIALLY INVITES YOU ON THE OCCASION
OF
“INTERNATIONAL YOGA DAY”**



**ON 21ST JUNE 2018
FROM 12:00 NOON ONWARDS
Venue: PCMS&RC AUDITORIUM**

**RSVP
Registrar
People's University, Bhopal**

BRIEF REPORT OF INTERNATIONAL YOGA DAY – 21st JUNE 2018

International yoga day was celebrated with great enthusiasm in the campus of People's University. The programme was conducted in the auditorium of the University and was attended by a large number of faculty, staff and students. On this grand occasion, a demonstration was given by Yogacharya Mrs. Sushma Chandekar and her team of students of People's University who gave a wonderful presentation of Yogasanas like Tadasan, Triyak tadasan, Katichakrasan, Trikonasan, Prashtasan, Vrikshasan, Vajrasan, Ushtasan, Shashank-Bhujangasan, Dhanurasan, Kandhrasan, Chakraasan, Paschimouttanasan, Halaasan, Naukasan, Kapotasan. Along with the demonstration of these Asanas and Surya Namaskar followed by Bhrmri Pranayam by Yogacharya, about 512 people also participated in the programme. The programme was also attended by Dr. V. K. Pandya, Director Academics, Dr. Neerja Mallick Incharge Vice Chancellor and Registrar, Dr. Ajay Pillai, Dean Student Welfare, Dr. Tukaram Prabhu, Dean Academic Affairs, Mr. Prashant Tiwari, Sports Officer, all Heads of constituent Units, HODs and Faculties of the University. On this occasion Dr. V. K. Pandya addressed the audience and informed them about the benefits of Yoga and he also expressed gratitude to Hon'ble Prime Minister Shri Narendra Modi Ji to bring put India as a leader in International platform of United Nations which is celebrating 21st June as International Yoga Day in more than 150 countries across the globe. Gratitude was also expressed towards Hon'ble Ms. Aanandiben Patel, Governor of Madhya Pradesh, Hon'ble Chief Minister of MP Shri Shivraj Singh Chouhan, Hon'ble Chairman MPPURC, Hon'ble Vice Chancellor RGPV to initiate and encourage yoga day functions on a state wide large scale. Participations of NCC cadets of the University led by Capt. Rameshwar Prasad Choudhary and Capt. Summi Choudhary towards celebration of yoga day was also appreciated. Dr. V. K. Pandya also motivated the students and staff of People's University to undergo the yoga classes which is taught free of charge by the yoga teacher of the University in the campus every day and he thanked the management of the University for their continuous support. Yogacharya Mrs. Sushma Chandekar informed that a healthy mind resides in a healthy body and for that yoga should be done regularly for long lasting results and a happy and healthy disease free life. Earlier yoga day was celebrated in all the Constituent units of People's University and various activities like poster competition, essay competition etc. were conducted and their winners were awarded with certificates in the programme. **(List attached for kind perusal)** The winning posters were also displayed in the hall. Dr. Sukanya Nair of People's Dental Academy was given an appreciation letter and a trophy for being the best yoga student. Prachi Paliwal and Prakshal Nandecha were also given trophies and certificates for Second and Third position respectively. The programme ended with National anthem. The programme was anchored by Khushboo Satwani and Nandita Kurup, students of People's University.





People's University Yoga day-21st 2018

Winners of Various Competitions

(I) People's Dental Academy

Result of International Yoga Day Poster Competition Judgment

First Prize:	Second Prize:	third prize:
Dr. Swati Agrawal PG, Department of Public Health Dentistry	Gunjan Tahilramani – Intern	Ayesha Najam - Inetrn

(II) School Of Pharmacy& Research

Poster Competition

First Prize:	Second Prize:	third prize:
Gaurav panday	Manu priya	Tamanna Sahitya

(III) School Of Research & Technology

Winners of Essay Competition

First Prize:	Second Prize:	third prize:
Chandan Kumar (Diploma EE, II Sem)	Rajat Vaish (B. Tech EC, II Sem)	<ul style="list-style-type: none"> • Manish Pandey (B. Tech ME, II Sem) • Aftab Alam (B.Tech ME, II Sem)

Winners of Poster Competition

First Prize:	Second Prize:	third prize:
<ul style="list-style-type: none"> • Akanksha Pandey (B.Tech CS, III Year) • Chandan Kumar (Diploma EE, II Sem) 	<ul style="list-style-type: none"> • Rajat Vaish (B.Tech EC,II Sem) • Reeha Patel 	Md. Farhan (Diploma EC, II Sem)

(III) People's College of Paramedical Sciences & Research Centre

Poster Competition

First Prize:	Second Prize:	third prize:
Akansha Chourasiya		

(IV) People's Institute of Hotel Management, Catering Technology

Poster Competition

First Prize:	Second Prize:	third prize:
<ul style="list-style-type: none"> • Vivek Shrivastava • Priya Manuja • Vikash Kumar • Kamendra Rajput 	<ul style="list-style-type: none"> • Ashwani Acharya • Sunil Chateri • Monika Kushwaha • Shankari Sheel 	