

Bharati Vidyapeeth Deemed University

INSTITUTE OF MANAGEMENT & RESEARCH,

A-4, Paschim Vihar, Rohtak Road, New Delhi – 110063

“International Yoga Day Celebration”

(21st June, 2015)

International Yoga Day Celebrations

(21st June, 2015)



Expert Trainer:

Dr. Hema Bawaje, Regional Director,
International Institute of Yoga
Management, Sonipat, Haryana.

Coordinators: Dr.Lokinder Kumar Tyagi
Dr. A.K. Srivastava



Date & Time: 21st June, 2015 from 8.30 to 10.00 am

Venue: Amphitheater, BVIMR, New Delhi.

Objectives: To Create Awareness and interest for
Yoga for mental and physical fitness.

Participants: Approximately 60 participants including Faculty
Members, Administrative Staff & their family
members, Students of BVIMR & BVCOE, New
Delhi.



Brief Report:

The arrangements for Yoga Camp and Yoga Exhibition was planned in Amphitheater, BVIMR, New Delhi but was changed last minute due to rains. It was organized in the Corridor, in front of Auditorium.

The Programme was started with welcome note and felicitation of Ms.Hema Baweja, Yoga Expert & Trainer by Dr.Lokinder Kumar Tyagi. Approximately 60 teaching, non-teaching employees, their family members, students etc. participated in International Yoga Day in BVIMR.



Ms.Hema Baweja started the programme and has covered the following important Yoga Activities:-

1. Brief Introduction of Yoga, its inception and importance.
2. Relevancy of Yoga and Aasans in our Life.
3. Practice of following Yoga Kriyas:-
 - i) Alom-Vilom
 - ii) Kapal Bharati
 - iii) Savasan



The Yoga Day Celebrations was concluded with vote of thanks by Dr.A.K. Srivastava to Ms.Hema Baweja for her expert guidance for Yoga and to all the participants. Dr.Vikasnath facilitated Ms.Hema Baweja, Yoga Expert and Trainer.