



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR



I-GAUGE
INDIAN COLLEGE & UNIVERSITY RATING

GOLD

Community Outreach Yoga Activities 2019-2020



Faculty of Indian Medical System



SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)



Community Outreach Yoga Activities At Khuramkera Village



Faculty of Indian Medical System



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR



**Name of the faculty- FACULTY OF INDIAN
MEDICAL SYSTEM**

**Name of the event/ programme. – Community
Outreach Activities Yoga Activities**

Type of the programme- Yoga Programme

Date- 15-07-2019, Time – 10:00 AM onwards ,

Venue- Khuramkera Village

BACKGROUND: Community outreach activity regularly visiting nearby villages to create the awareness about Yoga for prevention of the diseases.

ORGANIZERS : Faculty of Indian Medical System,

CO-ORDINATORS: Dr. Vidyavati and Dr. Yagyik

OBJECTIVE OF THE PROGRAMME :

1. Teaching about basic Yoga and its health promoting effects
2. To expand and expose the benefits of Yoga.

Number of Students participated- 4

Number of Faculty Participated - 2

Collaborating Partner- Khuramkera Village



Brief Report of the Programme:

. CAG Report - Activities of Ayurveda (Yoga)

Community action group of SGT University has been working to serve to the community, it includes many community out reach activities. Yoga teachings for school students is one such activity.

Faculty of Indian Medical System had conducted two yoga camps in Primary and Middle Government School of village Khurrampur on Date 05/08/2019 and 19/08/2019. Students were made aware about Role of yoga in day to day life and how one can opt it as daily routine. The main aim of this activity is to deliver ancient knowledge of Ayurveda & Yoga at village level.

Students of government schools will be thought various yoga procedures, among them some students will be selected as volunteers. Those volunteers will take responsibility to teach yoga on daily basis during school assembly in morning hours as well as in evening. After covering each government school, schools of private sector will be covered. Later on with the help of these students visit to each house will be done and family members will be made aware about importance of yoga so that they can encourage the younger generation. Later on village level yoga camps will be conducted based on the feedback and interest of villagers.

In coming future we have plans to develop Video module of yoga for school going children, based on each age group, gender and health status of students.

Following yogic techniques were thought to the students in recent camps–

Asana –

- Sukhasana
- Padmasana
- Vajrasana
- Pavanmuktasana
- Bhujangasana
- Tadasana

Pranayama –

- Anuloma Viloma
- Bhramari

Following yogic techniques will be thought in upcoming visits

Asana –

- Setubandhasana
- Trikonasana
- Paschimottanasana
- Sarvangasana
- Sidhasana
- Halasana



Pranayama –

- Shitali
- Sitkari

Various other techniques like –Kapalabhati, Jalaneti, and Mudra

- Faculty involved – Dr Yagyik Mishra (Assistant Professor)
- Students involved – Rupal, Mehak, Jyoti, Sonam, JyotiDagar, Neha, Rajni, Ritu, Rohit, Usman





SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR



I-GAUGE
INDIAN COLLEGE & UNIVERSITY RATING

GOLD





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR

QS I-GAUGE
INDIAN COLLEGE & UNIVERSITY RATING

GOLD





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR



I-GAUGE
INDIAN COLLEGE & UNIVERSITY RATING

GOLD





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

QS

I-GAUGE
INDIAN COLLEGE & UNIVERSITY RATING

GOLD

