

Name of the Activity	:	10-Day Online Yoga Workshop
Date	:	May 22, 2021 – May 31, 2021
Venue	:	Online Platform (Zoom app & YouTube Live)
No. of Participants	:	300
Objectives of the Event	:	To boosts the Immunity of an Individual through Yoga. To Improves the Mental well-being of an Individual.

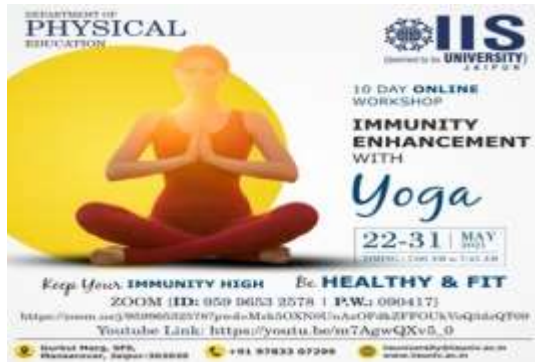
In order to combat the Current Scenario of Covid-19, The Department of Physical Education, IIS (deemed to Be) University, Jaipur, organised a 10-Days Online Workshop on “*Immunity Enhancement with Yoga*”. On May 22, 2021, a 10-Day this online workshop was started with a Purposeful Objectives.

In which a Yoga Trainer, **Ms.Sunita Sharma**, Lecturer in Yoga at IIS (deemed to be University), Jaipur(May 22, 2021- May 24, 2021) and **Dr.Navneet Malethia**, Assistant Professor of Yoga at Rashtriya Sanskrit Sansthan, Jaipur(May 25, 2021 – May 31, 2021) highlighted the importance of Yoga in our day-to-day life. Every day the session was started with the Yoga Prayers then they performed various Asanas like Vakrasana, Shalabhasana, Naukasana, shashankasana, Gomukhasana, Om Chanting, Kapalbhathi, Anulom-Velom, TaalYog, various general exercises, importance of colours in our life through colour therapy etc. are trained with their Contraindications and discussed about that how these asanas can help us to boost our immunity and made our mental power strong in current situation. After that they gave us the instructions about the righteous way to perform various breathing Pranayama and Meditations which provides us the relaxedness. All the Participants shows their full Interest in the workshop and some including their family members with them, Total no. of participants from all over the India was 300 in this Yoga workshop who actively take part in this workshop and show their full concern in field of Yoga. The Yoga session was concluded with an interaction Question & Answers asked by Dr. Neeraj B. Khanna, Assistant Professor at Departmental of Physical Education on behalf of every Participants.

On May 31, 2021, the chief guest of the Valedictory function was the Chancellor of IIS (deemed to be) University, Dr. Ashok Gupta, who congratulates Dr. Navneet Malethia on the success of 10 days online Yoga workshop and appreciate his efforts for the same. He also highlighted the importance of practicing yoga in present times to manage both mental and physical state and achieve a peaceful body and mind. He also congratulates Dr. Raakhi Gupta (Registrar) and Dr, Renu Shungloo (Head at Department of Physical Education), and the entire staff of IIS (Deemed to be University). Some participants sharing their Experience about the 10-Day Yoga Workshop on Valedictory function.

The Coordinator of Yoga Workshop, Dr. Renu Shungloo, express her gratitude to the trainers, Dr. Navneet Malethia, Assistant Professor of Yoga at Rashtriya Sanskrit Sansthan, Jaipur & Ms. Sunita Sharma, Lecturer in Yoga at IIS (deemed to be) University, Jaipur and to all the Participants who actively take participation in this workshop from all over the India and made it successful by their Immense support and show their full concern in this Yoga Workshop. The Moderator of This Workshop was Ms. Harshita Sharma, Member of Sports Committee, IIS (deemed to be) University.

Outcome of the Event: The session was very delightful for all the Participants to gain knowledge about the “Immunity Enhancement with Yoga”.



**Brochure of the 10 Days Online Yoga Workshop
(May 22, 2021 – May 31, 2021)**



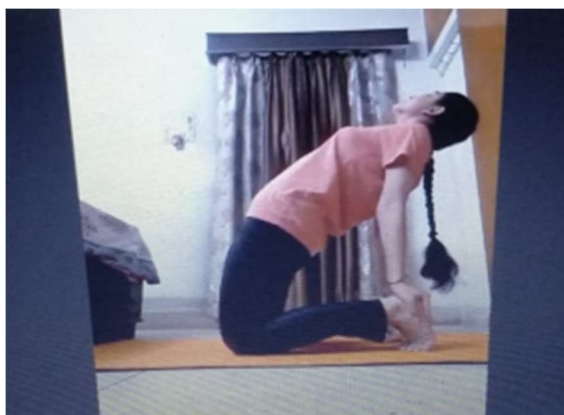
**Dr. Ashok Gupta, Chancellor at IISU
(May 31, 2021)**



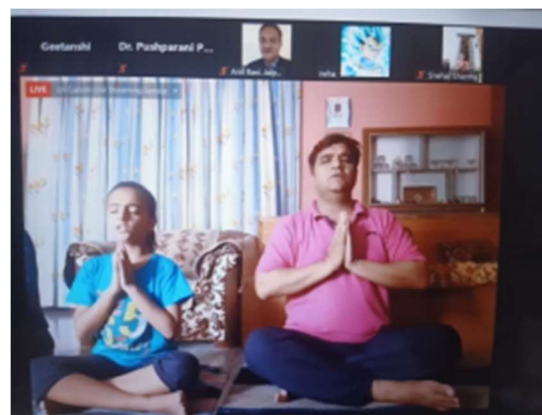
**Ms. Sunita Sharma, a Yoga Instructor
(May 22, 2021)**



**Dr. Navneet Malethia, a Yoga Instructor
(May 31, 2021)**



**One of the participants of this Yoga Workshop
(May 24, 2021)**



**One of the participants of this Yoga Workshop
(May 23, 2021)**