

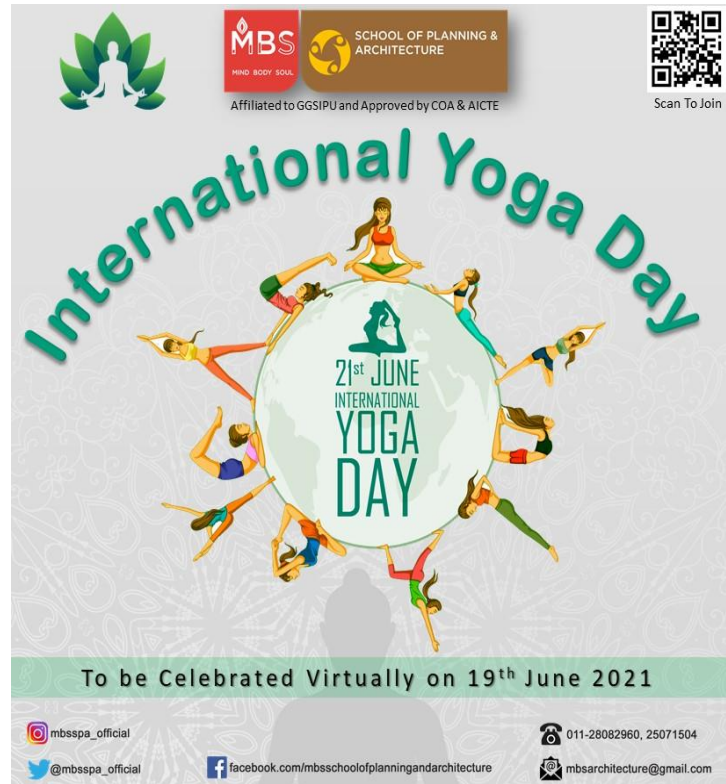
MBS SCHOOL OF PLANNING AND ARCHITECTURE
SECTOR 9, PSP AREA, DWARKA, NEW DELHI

Report on: **International Yoga Day**

Event Date: **19th June 2021**

Theme: Yoga at Home and Yoga with Family
“Yoga is the journey of the self, through the self, to the self.”

Yoga is an ancient physical, mental and spiritual practice that has its roots in India. The International Day of Yoga aims to raise awareness around the world, regarding the many benefits of practicing the art. The day is being celebrated since 21 June 2015. Prime Minister Narendra Modi in his 2014 address at the United Nations General Assembly proposed that a day to celebrate and practice yoga must be recognized globally. Yoga is a powerful tool to deal with stress of uncertainty and isolation and helps maintaining physical well-being.



MBS SPA Extracurricular Team planned an online Yoga session for celebrating the **International Yoga Day, 2021**. After back-up preparations, floated a Google meeting link to all the students and faculties on 16th June 2021. After introduction from Team Extracurricular, few golden words were shared by Prof. V. K. Bugga & Prof. Bijay Dash respectively regarding the positive impacts of YOGA on our Mind, Body and Soul. Ishita Arora, faculty member of MBS SPA was assigned the duty as an instructor, who elaborately explained the techniques and benefits of various asanas, while guiding all the participants: faculty members and students to carry out the yoga asanas.

REC Extracurricular MBSSPA is presenting

Photos - Yoga Day 2021 poster.jpg

10:14 AM | International Yoga Day 2021

Participants visible in the grid:

- Extracurricular M...
- Extracurricular M...
- Ar. Jyoti Arora
- Ar. Prachi Singh
- Ar. Amrita Kaur G...
- Ar. Anshuman Dub...
- Prof. V. K Bugga
- 28 others
- You

REC

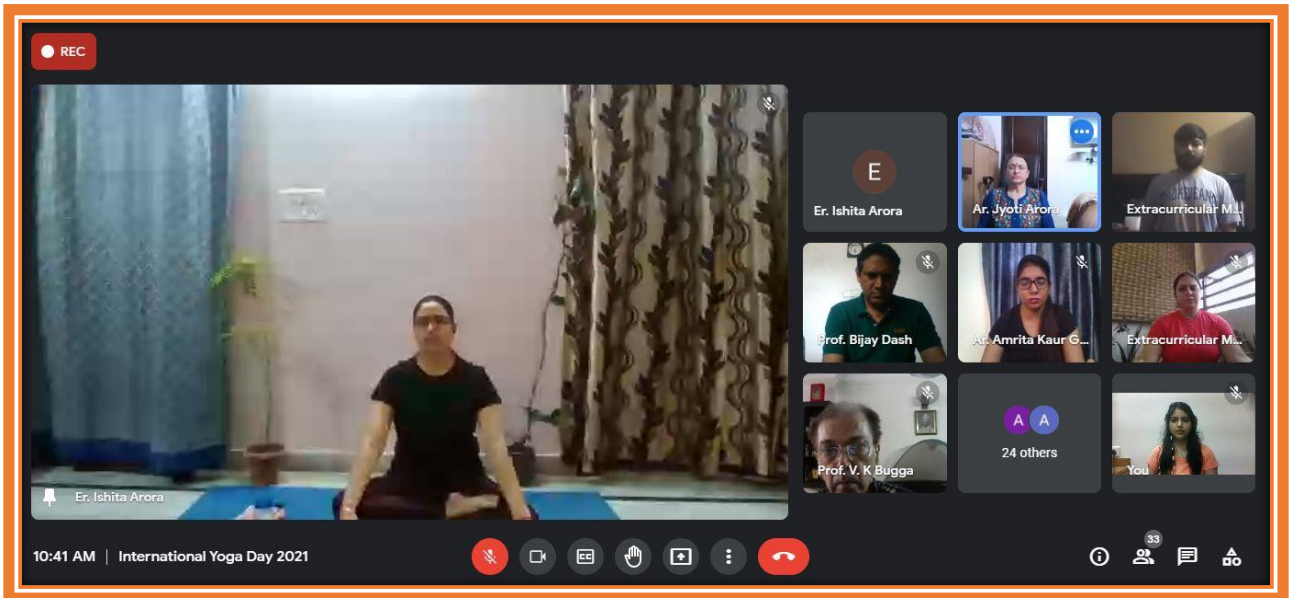
10:29 AM | International Yoga Day 2021

Participants visible in the grid:

- Er. Ishita Arora
- Er. Ishita Arora
- Ar. Amrita Kaur Gulati
- Extracurricular MBSS...
- Extracurricular MBSS...
- Prof. V. K Bugga
- Ar. Jyoti Arora
- Ar. Prachi Singh
- Ar. Mansha Samreen
- Ar. Toshi Sharma
- Ar. Neelam Shukla
- Ar. Kaveri Rai
- Ar. Arpita Aggarwal
- Ar. Priyajit Pandit
- Swasti Dixit
- Ar. Anshuman Dubey
- Prof. Bijay Dash
- Ar. Anshuman Dubey
- Muskan Sharma
- Ar. Rajshree Mathur
- Sagar Sharma
- Ishani Sharma
- Nitika Ahuja
- Ar. Sudeep Deb
- Shivam Jangid
- 7 others
- You

Participants visible in the grid:

- Ar. Jyoti Arora
- Extracurricular MBSS...
- Prof. Bijay Dash
- Ar. Amrita Kaur Gulati
- Ar. Toshi Sharma
- Ar. Arpita Aggarwal
- Ar. Priyajit Pandit
- Er. Ishita Arora



Post Yoga session, a thank you note was given by the Team Extracurricular to all the faculties and students who came for the session.

Rendered by: Team Extra Curricular, MBS-SPA, Dwarka, New Delhi.