



# ARMY INSTITUTE OF EDUCATION

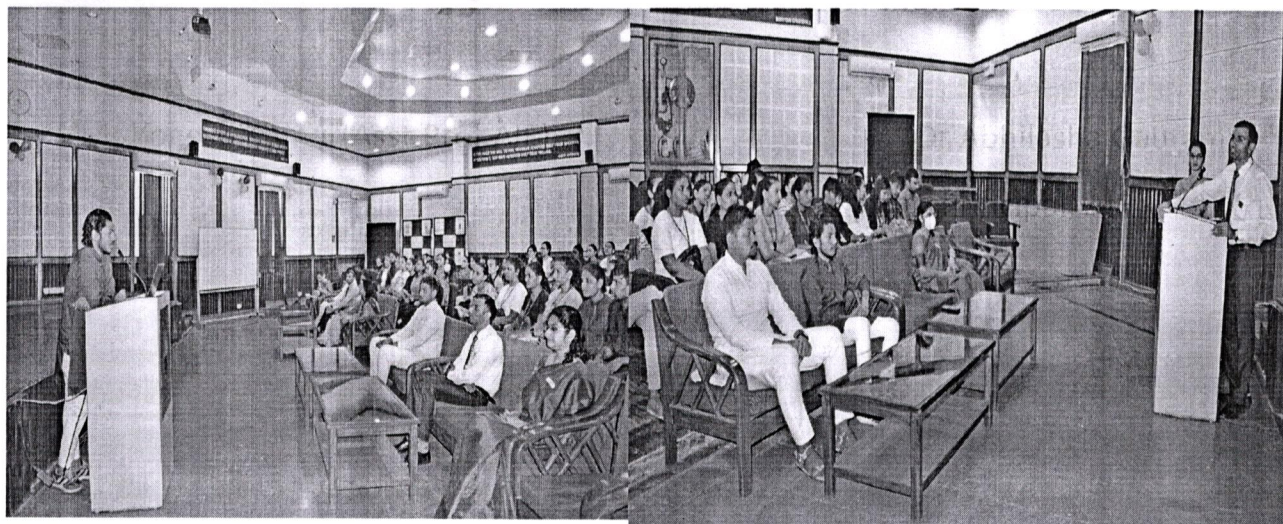
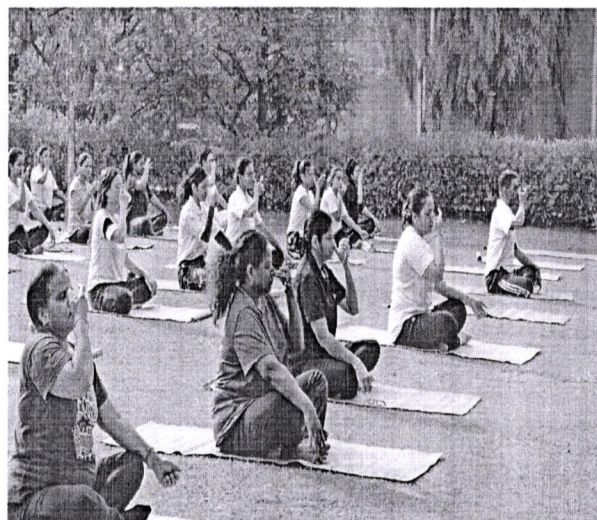
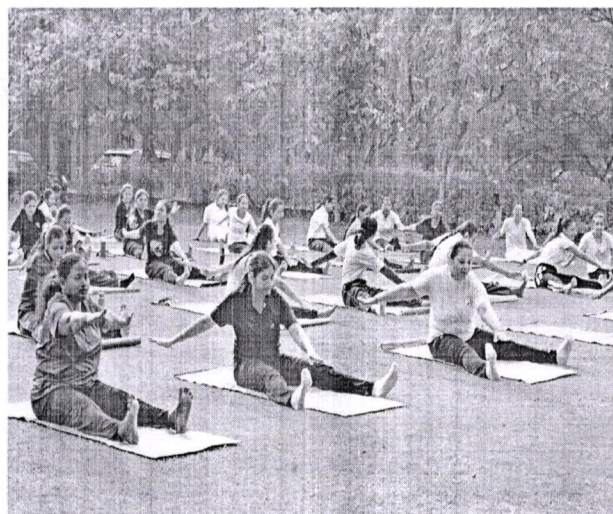
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## Report On YOGA Workshop and Guest Lecture for International Day of Yoga ( IDY 2022)

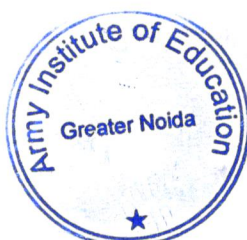
International Day of Yoga is celebrated worldwide on 21 June. The theme for this year IDY is 'Yoga for Humanity. To commemorate the same, NSS Cell of Army institute of Education, Greater NOIDA had organised a YOGA workshop followed by a Guest Lecture. The resource person for the workshop were Yoga Acharya, Mr. Ved Rishi and Yoga Acharya, Mr. Shivam Arya. Shri Ved Rishi is a National and Professional Yoga Teacher and is presently associated with Patanjali Yoga Gram. He holds the Patanjali Record and National record for doing Suryanamaskar in record time. Shri Shivam Arya is an expert in Yoga postures, Pranayama and meditation and is associated with Gurukul kangri University Haridwar. All residential faculty, student teachers of both the B.Ed. Programmes, NSS Volunteers joined the workshop in the morning at 0700 hrs on 07 June 2022. Effective techniques and yoga asanas to release stress of body and mind, increase flexibility were practised. Warm up exercises and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang and ended up with Shavasana . Exercises and Asanas for relieving stress, reducing joint pain and enhancing the flexibility of the back were also performed. Mr. Yogesh Kumar , (Asst.Prof. AIE) in his welcome address welcomed the resource persons and extended gratitude on behalf of the institute for their presence and for helping all to know more about the asanas and importance of Yoga.

Dr Saloni Goel , Assistant Professor , AIE proposed a vote of thanks to the resource persons and expressed gratitude for their presence from Haridwar. Dr. Abhilasha Gautam, Principal AIE also expressed her thankfulness to the resource persons for motivating the Students and staff and laid emphasis on the importance of making yoga an integral part of our daily life.



Glimpses of Workshop and Guest lecture for IDY 2022

  
Mr Yogesh Kumar (Asst. Prof. AIE)  
In-charge



  
Dr Abhilasha Gautam  
Principal, AIE