

JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY

(Established by H.P. State Legislature vide Act No. 14 of 2002)

National Service Scheme (NSS) Unit

Event Name: **9th International Yoga day celebration by NSS unit of JUIT**

Date: **21st June 2023**

Objective: To celebrate 9th International Yoga Day at JUIT

Details of the Event:

9th International Yoga day has been celebrated by the NSS unit of JUIT on 21st June 2023. The event started at 2:30 pm in the Auditorium of JUIT with the webinar on “Holistic health and Yoga”. Expert lecture was delivered by fitness trainer Mr. Abhishek Kumar.

Mr. Abhishek Kumar is a techie/engineer, working in a company based in Bangalore, currently. Mr. Abhishek completed his B. Tech from JUIT Waknaghat in Electronics and Communication Engineering in 2008. He is working as Vice president in, ANZ Bangalore. He started his journey as a fitness trainer in 2013. Mr. Abhishek said that working long hours, eating outside food and not working out, lead to an overweight condition. Also earlier he was facing low immunity that had always been an issue in his corporate career. After his successful transformation, he decided to help others by learning the coaching principles and impact people’s health in a positive way. Till date he trained more than 500 people and transformed their life. He gives advice on regular exercises, food intake and nutritional balance in routine life.

The webinar was followed by Om chanting and practising Yoga in the auditorium of JUIT. Honourable vice-chancellor of JUIT Prof. Rajendra Kumar Sharma encouraged the participants to include yoga as a part of their routine life. The event was hosted by Dr. Tanu Sharma and was coordinated by NSS programme coordinator Dr. Nishant Jain alongwith faculty coordinators Dr. Pardeep Garg and Dr. Ashok Kumar Nadda.

Key highlights of Event:

1. Webinar on “Holistic health and Yoga” by fitness trainer Mr. Abhishek Kumar.
2. Om chanting by the participants.
3. Yoga Practising by the participants.

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Photographs with captions:

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National Service Scheme (NSS) Unit

International Yoga Day



THIS
WEDNESDAY

21

JUNE
2023
2:30 PM

Organised by

NSS Unit, JUIT Solan

Instagram Facebook Twitter @nssjuit



Online Webinar on

Holistic Health & Yoga

by JUIT Alumni (ECE-2008 Batch)

Mr. Abhishek Kumar

Instagram @fitnessbites_abhishek

GoogleMeet Link:

<https://meet.google.com/msd-khkm-awm>

Poster for the Webinar

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JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY
National Service Scheme (NSS) Unit

International Yoga Day

THIS WEDNESDAY
21
JUNE
2023
2:30 PM

Organised by
NSS Unit, JUIT Solan
@nssjuit

Online Webinar on
Holistic Health & Yoga
by JUIT Alumni (ECE-2008 Batch)
Mr. Abhishek Kumar
@fitnessbites_abhishek

Nishant is presenting

Abhishek

Trishla

Webinar by Mr. Abhishek Kumar

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Webinar by Mr. Abhishek Kumar



Om Enchanting by the participants

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Yoga Practising by the participants

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Number and List of Participants: 31 (Staff: 14 , Faculty 17)

National Service Scheme (NSS) Unit			
Jaypee University of Information Technology, Wagnaghat			
Internation Yoga Day, 21st June 2023			
S.N.	Name	Faculty/Staff/Student	Signature
1	Vijay Kumar	Staff	[Signature]
2	Mohit Sharma	Staff	[Signature]
3	Sudhir Kumar	Staff	[Signature]
4	Dhiren Kr Singh	Staff	[Signature]
5	Mr. SHIV KUMAR GUPTA	Tech Staff	[Signature]
6	Mr. Rohit	Tech Staff	[Signature]
7	Arind Kr Sen	LRC (Staff)	[Signature]
8	Ashok Kumar	LRC / Staff	[Signature]
9	Dr. Sourabh Srivastava	Faculty	[Signature]
10	Dr. Sumit Datt Sharmas	Faculty	[Signature]
11	Prof. Jata Shankar	Faculty	[Signature]
12	Dr. Shikha Mittal	Faculty	[Signature]
13	Dr. Ajay Kumar Singh	Staff	[Signature]
14	Asma Biddiqui	Lab. Ev.	[Signature]
15	Bramod Kumar	Sr. Lab Engg	[Signature]
16	Vikas Baghel	Faculty	[Signature]
17	Hansha	Faculty	[Signature]
18	Vipin Kumar Sharma	Staff	[Signature]
19	Dr. Sourabh Bansal	Faculty	[Signature]
20	Dr. Ragini Raj Singh	"	[Signature]
21	Dr. Tiratha Raj Singh	"	[Signature]
22	Tyotna Baji	Staff	[Signature]
23	Dr. Ashish Kumar	Faculty	[Signature]
24	Shambhu Nath	Staff	[Signature]
25	Dr. Nafis U. Khan	Faculty	[Signature]
26	Dr. Rajiv Kumar	Faculty	[Signature]
27	Dr. Rahul Srivastava	Faculty	[Signature]
28	Dr. Jann	Faculty	[Signature]
29	Dr. Paldeep Saha	Faculty	[Signature]
30	Dr. Nishant Jain	Faculty	[Signature]
31	Dr. Anshu Kumar Nadda	Faculty	[Signature]

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National Service Scheme (NSS) Unit Coverage in print media and electronic media

NSS unit of JUIT celebrated 9th International Yoga day

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Solan, June 22

9th International Yoga day has been celebrated by the NSS unit of JUIT on 21st June 2023. The event started at 2:30 pm in the Auditorium of JUIT with the webinar on "Holistic health and Yoga". Expert lecture was delivered by fitness trainer Mr. Abhishek Kumar. He is batch 2008 Alumni of JUIT. Till date he trained more than 500 people and transformed their life. He gives advice on regular exercises, food intake and nutritional balance in routine life. The webinar was followed by Om chanting and practising

<https://himachaltonite.com/education/nss-unit-of-juit-celebrated-9th-international-yoga-day/>

National Service Scheme (NSS) Unit

NSS unit of JUIT celebrated 9th International Yoga day



crazynewsindia · 4 hours ago

Last updated: 2023/06/22 at 7:04 AM

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<https://crazynewsindia.com/nss-unit-of-juit-celebrated-9th-international-yoga-day/>

The 9th International Yoga day was celebrated by the **NSS unit of Jaypee University of Information Technology (JUIT)**. The event started at 2:30 pm in the Auditorium of JUIT with the webinar on "Holistic health and Yoga". Vice-Chancellor of JUIT Prof Rajendra Kumar Sharma encouraged the participants to include yoga as a part of their routine life.

Coverage in Daily Excelsior, Jammu

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जेयूआईटी की एनएसएस इकाई ने 9वां अंतरराष्ट्रीय योग दिवस मनाया

नई दिल्ली। 21 जून 2023 को जेयूआईटी की एनएसएस इकाई द्वारा 9वां अंतरराष्ट्रीय योग दिवस मनाया गया। कार्यक्रम दोपहर 2:30 बजे जेयूआईटी के सभागार में रसमव्य स्वास्थ्य और योग पर वेबिनार के साथ शुरू हुआ। विशेषज्ञ व्याख्यान फिटनेस ट्रेनर श्री अभिषेक कुमार ने दिया। वह जेयूआईटी के 2008 बैच के पूर्व छात्र हैं। अब तक उन्होंने 500 से अधिक लोगों को प्रशिक्षित कर उनका जीवन बदल दिया।

Coverage in Haribhoomi newspaper

Other documents present in the Google Drive Link:

1. Copy of Approval
2. Finance involved.
3. Copy of Certificates.