(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.

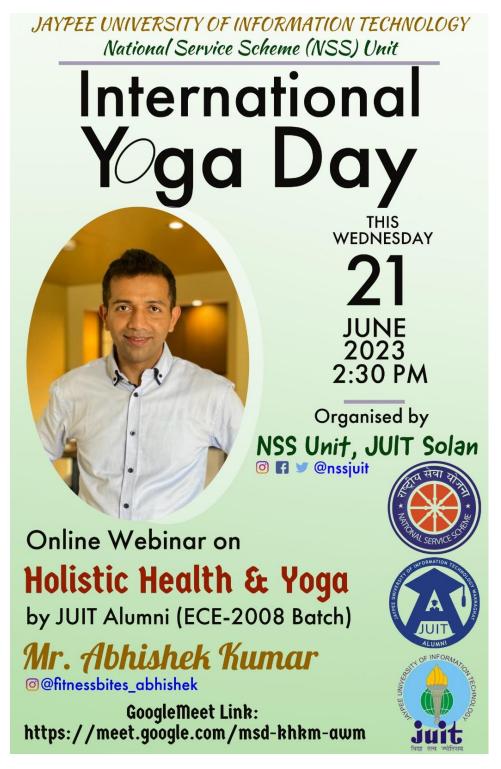
The webinar was followed by Om chanting and practising Yoga in the auditorium of JUIT. Honourable vice-chancellor of JUIT Prof. Rajendra Kumar Sharma encouraged the participants to include yoga as a part of their routine life. The event was hosted by Dr. Tanu Sharma and was coordinated by NSS programme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

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

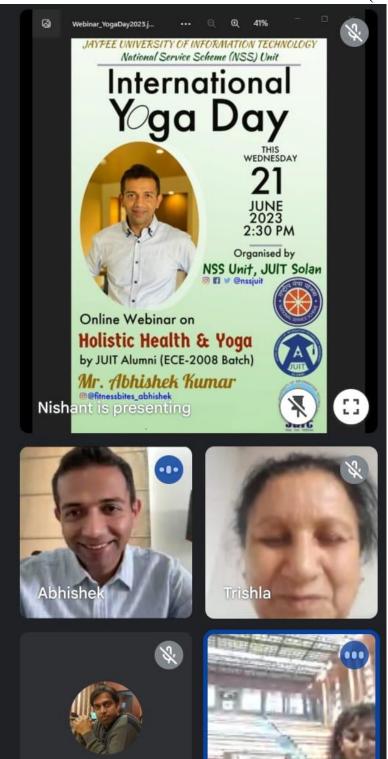
National Service Scheme (NSS) Unit Photographs with captions:



Poster for the Webinar

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

National Service Scheme (NSS) Unit



Webinar by Mr. Abhishek Kumar

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

National Service Scheme (NSS) Unit



Webinar by Mr. Abhishek Kumar



Om Enchanting by the participants

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

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Yoga Practising by the participants

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

$National\ Service\ Scheme\ (NSS)\ Unit \\ \textbf{Number and List of Participants: 31 (Staff: 14\ , Faculty 17)}$

		Scheme (NSS) Unit	
Jaypee University of Information Technology, Waknaghat Internation Yoga Day, 21st June 2023			
S.N.	Name	Faculty/Staff/Student	Signature
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2	Mohy Kumon	Slage	And
3	Sudhir Kumaz	Staff	-28
4	Dhirenfoo Kr Single	Staff	by the second se
5	Hr. SHIV KUMAR GUPTA	Pech Staff	16.
6	Mr. Robit	Tech statt	/rv
7	Arind lar slems	I'AC(Staff)	Alany
8	Ashok Kumas	LRC Staff	Shall
9	Dr. Savrabh Srivastava	Faculty	典
10	Dr. Sumt Datt Sharing	Faculty	A.
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14	Osmail Siddiqui	Lab-Ev.	Comput.
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20	Dr. Ragini Raj Singh Dr. Tiretha Raj Singh	11	Quigo
21	Dr. Tiratha Ray Singh	6	Service
22	Typtina Bejy	Staff	The
23	Dr Ashish Kumar	Faculty	The la
24	Shambhoo Neeth Dr. Nafis V. Khan	Stable	Snort
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(Established by H.P. State Legislature vide Act No. 14 of 2002)

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

NSS unit of JUIT celebrated 9th International Yoga day



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-yog a-day/

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

National Service Scheme (NSS) Unit

NSS unit of JUIT celebrated 9th International Yoga day



















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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

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

National Service Scheme (NSS) Unit



जेयूआईटी की एनएसएस इकाई ने 9वां अंतरराष्ट्रीय योग दिवस मनाया

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

Coverage in Haribhoomi newspaper

Other documents present in the Google Drive Link:

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