



National Service Scheme
Sri Aurobindo College (Evening)
(University of Delhi)



ONLINE YOGA AWARENESS SESSION **(20/06/2023)**

On 20th June, the NSS-SACE successfully organized an online event to commemorate International Yoga Day. The event, conducted on Google Meet, aimed to promote the practice of yoga and its numerous benefits for physical and mental well-being.

Renowned Certified Yoga Instructor and Influencer, Priyanka Chibber, took charge as the guest instructor for the event. Her expertise and guidance added immense value to the session, providing participants with valuable insights into various yoga exercises and debunking common myths associated with the practice.

Hundreds of participants joined the virtual gathering from the comfort of their homes for the 1-hour Yoga Session, eagerly awaiting Priyanka Ma'am's instruction. The event began with an invigorating 45-minute session dedicated to yoga asanas. The session incorporated a range of asanas, including Kapalbhathi, Padmasana, Cat-Cow Pose, and many others. Priyanka Ma'am emphasized the importance of proper alignment and breathing techniques, ensuring that participants grasped the fundamental aspects of each asana.

Following the asanas, the event transitioned into an interactive Q&A session, enabling participants to seek guidance and clarifications from Priyanka Ma'am. During this segment, she effectively addressed doubts related to yoga asanas, posture-related problems, and meditation techniques. Participants eagerly posed their queries, and Priyanka Ma'am's insightful responses left them with a deeper understanding of the practice.

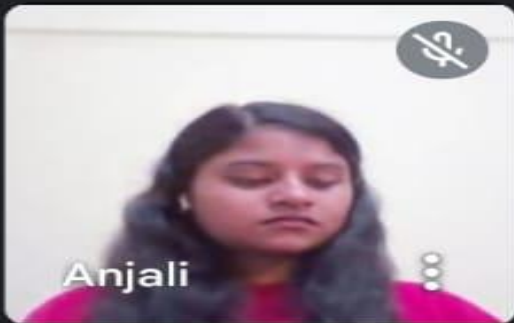
As the event drew to a close, Priyanka Ma'am shared some final advice and well-wishes with the participants. Her encouraging words left the attendees motivated to incorporate yoga into their daily routines, promoting a healthier lifestyle and fostering mindfulness.



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PRIYANKA



Anjali



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Laksh 13 others

