



**NATIONAL SERVICE SCHEME  
MINISTRY OF YOUTH AFFAIRS AND SPORTS  
GOVERNMENT OF INDIA**

**ACTION TAKEN REPORT – YOGA CAMP  
– 100 Days Countdown Programme for  
INTERNATIONAL YOGA DAY**



**Submitted By:**

**NSS Units**

*of*

**Mehr Chand Mahajan  
DAV College For Women  
Sector 36-A, Chandigarh (U.T.)**

## **Title of the activity:** YOGA CAMP – 100 Days Countdown programme for International Yoga Day

**Date:** 14 May 2022

**Number of student participants:** 576 from 7 different institutes

**Number of other participants:** 66

### **Objectives:**

1. To kindle a Mass Movement for Health and Well being through Yoga in the 100 - day run-up across the world
2. To promote emotional as well as psychological wellness of the staff and students

**The Context:** Globally, International Yoga Day (IDY) is being observed on June 21 with an aim to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle. To mark 50<sup>th</sup> countdown day to upcoming 8<sup>th</sup> International Day of Yoga 2022, the Centre has launched the Yoga Mahotsav 2022 - a 100-day countdown campaign for the 8<sup>th</sup> International Day of Yoga that will be organised in 100 cities and 100 organizations till June 21 across the globe.

**The Practice:** Keeping in view the objectives, NSS Units and Department of Physical Education of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Yoga Camp in collaboration with State NSS Cell Chandigarh (U.T.) and Directorate of Higher Education, UT Chandigarh in the college premises as part of Azaadi Ka Amrit Mahotsav under Fit India Movement on 14.05.2022.

The session was organized physically in the early morning hours - 6.00 a.m. to 7.45 a.m. under the able guidance of Principal Dr Nisha Bhargava and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari, and Dr Anju Lata (Head & Associate Professor), Dr Veena, Assistant Professor, and Ms. Jyoti, Assistant Professor from Department of Physical Education. The event was graced by the presence of Chief Guest - Sh Kuldeep Singh Chahal, IPS, Sr. Superintendent of Police, UT, Chandigarh and Dr Gurdip Sharma, Senior Governing Body Member, GGSDS College, Haryana,

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Punjab and Former Senior Senate and Syndicate Member, Panjab University, Chandigarh.

The resource person of the session was a qualified Yoga Instructor Ms. Keisham Monarita, a Gold medalist in yoga at National and International level. More than 576 participants including faculty members as well as students from 7 different institutes participated in the event.

The session started with Dr Sunita introducing guests and resource person which was followed by a brief introduction about the Common Yoga Protocol by Dr Anju Lata. In her inaugural address, Principal Dr. Nisha Bhargava who herself is an ardent follower of yoga, inspired students and staff to adopt the practice of yoga in their daily lives for holistic well-being. She highlighted the importance of yoga and the pivotal role it plays in rejuvenating one's mind and body, thereby leading to a healthier life. Speaking at this occasion, Sh. Kuldeep Singh Chahal expressed appreciation for this highly relevant endeavour of the college to promote the practice of yoga in the times characterised by pandemic, diseases, stress, etc. He further motivated the students to respect and nurture nature and work towards harmonious coexistence with nature.

During the session, Ms. K. Monarita discussed the importance of yoga aspects and demonstrated 15 asanas as mentioned in common yoga day protocol (Government of India). These included asanas like *Tadasana*, *Vrikshasana*, *Trikonasana*, *Bhadrāsana*, *Vakrasna*, *Salabhasana* etc. During the session, Ms. K. Monarita explained the correct way of doing breathing exercises like *KapalBhati*, *Anulom-Vilom* and highlighted the significance of practicing yoga asanas particularly in stressful conditions. The session concluded with Sankalp (Fitness Pledge) given in the yoga protocol.

**Evidence of Success:** More than 576 participants including teaching and non teaching staff of several institutes participated enthusiastically in the session and performed various yoga moves, and understood the importance of yoga and its effect on mental as well as psycho-social well being. Links of the event uploaded at various social handles:

<https://youtu.be/2eOUZoYJOxo>

<https://www.facebook.com/MCMDAVCW/>

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**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**  
**YOGA CAMP 2022 IN THE RUN UP TO INTERNATIONAL YOGA DAY**



**Sh. Kuldeep Singh Chahal**  
IPS, SSP, UT, Chd.



**Dr. Nisha Bhargava**  
Principal



**Dr. Nisha Bhargava welcoming**  
**Chief Guest Sh. Kuldeep Singh Chahal &**  
**Guest of Honour Dr. Gurdip Sharma, Secretary,**  
**GGSDS College Managing Committee, Haryana**



**Ms. Keisham Monarita**  
**Gold Medalist in Yoga at National & International Level**



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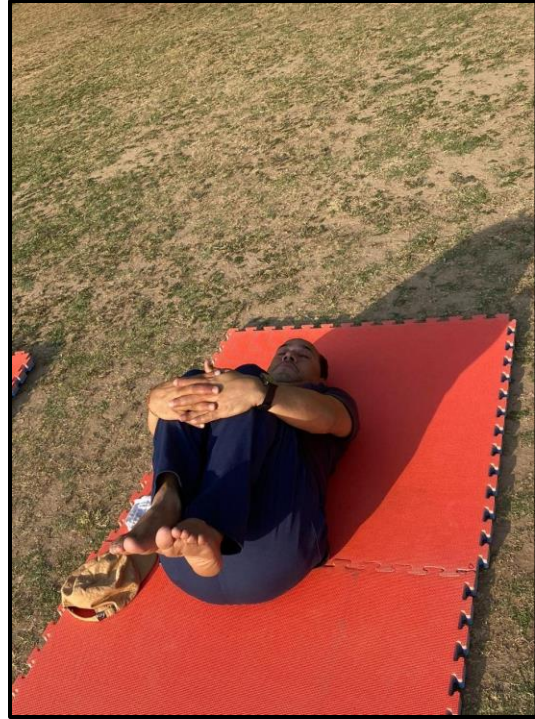




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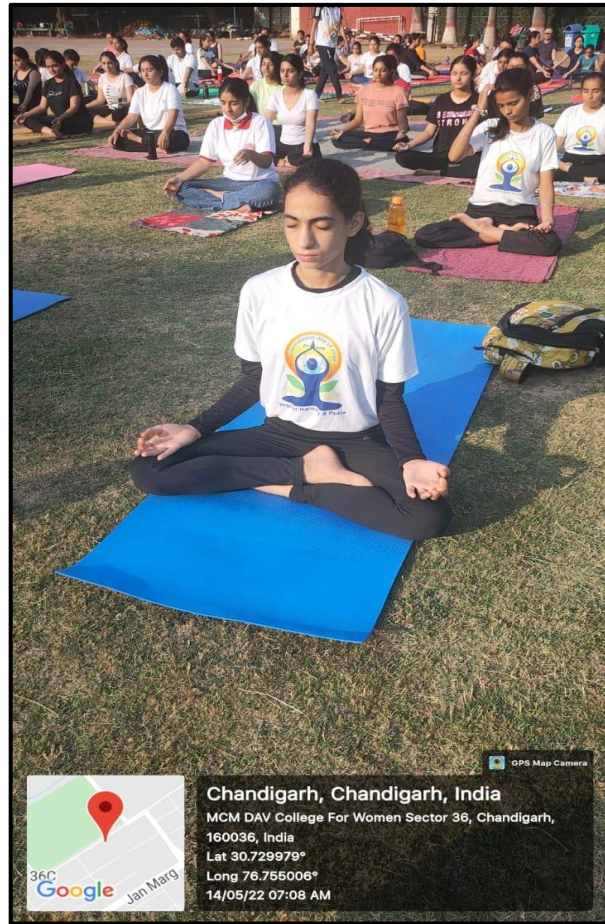
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**Mehr Chand Mahajan DAV College for Women**  
Sector 36-A, Chandigarh (U.T.)

**YOGA CAMP-2022**  
14 May 2022  
being organized by  
**NSS Units and Department of Physical Education**  
in collaboration with  
**STATE NSS CELL Chandigarh (U.T.)**  
to mark the celebrations of  
**100 Days Countdown Programme for**  
**INTERNATIONAL YOGA DAY**

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**Mehr Chand Mahajan DAV College for Women**  
Sector 36-A, Chandigarh (U.T.)

NSS Units and Department of Physical Education  
in collaboration with

STATE NSS CELL Chandigarh (U.T.)  
are organizing

## YOGA Camp – 2022

**Date:** 14 May 2022 | **Time:** 06.00 a.m. | **Venue:** Sports Ground

**100** DAYS  
CITIES  
ORGANISATIONS

100 Days  
Countdown Programme for  
International  
**YOGA DAY**

Resource person:

**Ms. Keisham Monarita**

Gold medallist in Yoga at National & International level

All are invited to join the event and are required to: ●Wear WHITE T-Shirt & blue/ black lower  
●Kindly bring your mats, water bottles & towels.●Kindly follow COVID appropriate behaviour

Dr. Purnima Bhandari & Dr. Pallvi Rani  
NSS Programme Officers

Dr. Anju Lata & Dr. Veena Rani  
Coordinator

Dr. Nisha Bhargava  
Convener & Principal