



MINISTRY OF  
**AYUSH**

यमं नमः



# ***Yoga For Health and Wellness***

A joint endeavour of

**NSS ANDC with Ayuryoga Life Institute**

in collaboration with



**Dr. Ravi Toteja**  
Principal

**Dr. Sunita Jetly**  
Program Officer, NSS Unit

**Niharika Upadhyay**  
President, NSS Unit

# Introduction :

“Yoga” is a symbol of universal aspiration for health and wellbeing. It is health assurance in zero budget” - Shri Narendra Modi

International Yoga Day celebrated on June 21, since 2015 marks the physical and spiritual power that yoga has brought to the world stage.

In a world suffering from mental stress, yoga promises calm. In a distracted world, yoga creates focus, creates concentration. In a world of fear, yoga promises strength and courage. While it is an important source of exercise and healthy activity millions join in and practice it on a daily basis for a peaceful existence.

NSS Unit of Acharya Narendra Dev College is organising a 4 day long programme in collaboration with Ayur Yoga Life Institute with a vision to nurture awareness on ancient wisdom around health, spirituality and yoga based lifestyle transformation.

NSS ANDC HAS ALWAYS BELIEVED THAT YOGA IS A WAY OF LIFE. The benefits of performing yoga are countless. Volunteers at NSS ANDC actively follow a healthy lifestyle by performing various yoga asanas and doing meditation for their inner peace. A yoga series was initiated by NSS ANDC which went on for the whole month of April.



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# About Ayuryoga Life Institute :

AyurYoga Life Institute has been incorporated with a vision to nurture awareness of ancient Indian wisdom around health, spirituality and Yoga based lifestyle transformation.

AyurYoga has a mission to provide holistic education in ancient spiritual sciences with the help of emerging technologies and advancement in evidence based scientific research in Ayurveda, Yoga, Naturopathy, Siddha and Homeopathy space.

In addition to online courses on holistic dimensions, AyurYoga plans to organize seminars, conferences, webinars and specific exclusive courses for corporate sector employees on stress management practices based on ancient spiritual sciences.

Their vision: to nurture ancient Indian spiritual wisdom across the globe.

Their mission:

- Bring ancient knowledge for "Way of Life" to families
- Enable children with learning of Yoga
- Preserve authentic ancient knowledge
- Create collaboration and bring Yoga to various communities



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# About Webinar :

**Title :** Yoga for health and wellness

Yoga "A therapeutic lifestyle" in the current scenario

**Date :** 18th June 2021

**Time :** 03:00 P.M

**Link :** <https://meet.google.com/kjq-jipr-kcu>

**Speaker :** *Shashi Sharda*

She is a certified yoga instructor, therapist and counselor. She has been in the field of Yoga and Counseling for the past 10 years. She also specializes in therapeutic aspects of yoga for orthopaedics and women's health. She has been facilitating and conducting an international day of yoga at the governor's house and mantralaya in Maharashtra.



# About Course :

The mission of the workshop is to provide holistic education in Introduction to Yoga for Emotional wellbeing and Mental Health in current scenario and to give the glimpse of Therapeutic aspects of Yoga and practise session.

▶▶ You can enroll in the free course through this link:

<https://ayuryoga.life/course/view.php?id=15>

(Yoga Appreciation program )

Same course is also published under free courses section at [nss.ayuryoga.life](https://nss.ayuryoga.life)

In this course pre recorded content will be provided and small task will be there that you need to complete to get certificate and it's selfpaced course.



▶▶ **Special Offer only for DU Students and other collaborator**

Highly subsidised *Yoga for Health and Wellness Course* at only Rs. 501 per volunteer. Course duration is 36hrs. And after completion of this course, certificate will be issued by Ministry of AYUSH. After this course, you become certified COVID Management Practioner.

Link: <https://ayuryoga.life/enrol/index.php?id=48>


*Note: Its not compulsory to enroll for highly subsidised yoga course. You can still enroll in free course, if you do not wish to enroll in subsidised course*

# Live Sessions :




ACHARYA NARENDRA DEV COLLEGE, DELHI UNIVERSITY INVITES YOU TO CELEBRATE INTERNATIONAL DAY OF YOGA 2021


## INTRODUCTION TO MEDITATION



18th June - 20th June 2021  
Evening: 7:00-8:00 pm



**Our Eminent Guest**  
**SRI NAVEEN KUMAR H**  
Yogacharya, MS – Yoga and Consciousness



**Principal**  
**DR. RAVI TOTEJA**  
Acharya Narendra Dev College, Delhi University

**Program Officer, NBS, ADNC**  
**SMT. SUNITA JETLY**  
Acharya Narendra Dev College, Delhi University

योग: कर्मसु कौशलम्

**Online Link: <https://meet.google.com/kjq-jipr-kcu>**



ACHARYA NARENDRA DEV COLLEGE, DELHI UNIVERSITY INVITES YOU TO CELEBRATE INTERNATIONAL DAY OF YOGA 2021

## INTRODUCTION TO YOGA



19th June - 21st June 2021  
Morning: 7:00-8:00 am



**Our Eminent Guest**  
**SMT VIDU CHAUDHARY**  
MS – Yoga, Final Semester



**Principal**  
**DR. RAVI TOTEJA**  
Acharya Narendra Dev College, Delhi University

**Program Officer, NBS, ADNC**  
**SMT. SUNITA JETLY**  
Acharya Narendra Dev College, Delhi University

योग: कर्मसु कौशलम्

**Online Link: <https://meet.google.com/kjq-jipr-kcu>**



**Note:** We know live experience are the best, so we have also made live sessions available for you apart from pre-recorded content. Its not compulsory to attend live session, you can still get certificate on completion of pre recorded self paced course.

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# Program Schedule :

Date	Event	Time	Guest Speaker	Panelist
18.06.2021	Webinar on- Yoga For Health and Wellness.	3-5pm	Ms. Shashi Sharda Yogacharya.(Certified Yoga trainer, therapist and counselor).	<b>Dr. Ravi Toteja</b> Officiating Principal Acharya Narendra Dev College(ANDC)Univer sity of Delhi and <b>Dr. Sunita Jetly</b> Associate Professor, ANDC and Program Officer NSS ANDC.
18.06.2021	First session-Introduction to Meditation	7-8 pm	Sri Naveen Kumar Yogacharya, MSc -Yoga and Consciousness	Dr. Ravi Toteja and Dr. Sunita Jetly
19.06.2021	First session-Introduction to yoga.	7-8 am	Smt. Vidu Chaudhary MSc Yoga, Final Semester	Dr. Ravi Toteja and Dr. Sunita Jetly
19.06.2021	Second session-Introduction to Meditation	7-8pm	Sri Naveen Kumar Yogacharya, MSc -Yoga and Consciousness	Dr. Ravi Toteja and Dr. Sunita Jetly
20.06.2021	Second Session - Introduction to yoga	7-8am	Smt. Vidu Chaudhary MSc Yoga, Final Semester	Dr. Ravi Toteja and Dr. Sunita Jetly
20.06.2021	Continuation-Introduction to meditation	7-8 pm	Sri Naveen Kumar Yogacharya, MSc -Yoga and Consciousness	Dr. Ravi Toteja and Dr. Sunita Jetly
21.06.2021	Continuation-Introduction to yoga.	7-8 am	Smt. Vidu Chaudhary MSc Yoga, Final Semester	Dr. Ravi Toteja and Dr. Sunita Jetly



# College Coordinators :

**Dr. Sunita Jetly** - Program Officer, NSS Unit of Acharya Narendra Dev College, University of Delhi.

**Dr Praveen Saroha** - Program Coordinator, NSS Cell of Netaji Subhas University of Technology.

**Dr Poonam Sood** - Program Officer, NSS Unit of Sri Venkateswara College, University of Delhi.

**Dr. Chandrashekhar Nishad** - Program Officer, NSS Unit of Aryabhata College, University of Delhi.

**Ms. Neeru Ailawadi** - Program Officer, NSS Unit of Delhi College of Arts & Commerce, University of Delhi.

**Dr. Ruchira Dhingra** - Program Officer, NSS Unit of Shivaji College, University of Delhi.

**Dr. Ashish Tiwari** - Program Officer, NSS Unit of BITS Pilani

# President of NSS Units:

**Miss Niharika Upadhyay** - NSS Unit of Acharya Narendra Dev College, University of Delhi.

**Mr. Anuj** - NSS Cell of Netaji Subhas University of Technology.

**Miss Anchita Diwan** - NSS Unit of Sri Venkateswara College, University of Delhi.

**Mr. Dhruv Sharma** - NSS Unit of Aryabhata College, University of Delhi.

**Miss Ramneek Jain** - NSS Unit of Delhi College of Arts & Commerce, University of Delhi.

**Miss Muskaan Dimri** - NSS Unit of Shivaji College, University of Delhi.

**Mr. Ritik Chanana** - NSS Unit of BITS Pilani



# Student Coordinators :

**Mr. Pratham Malik** - Vice President, NSS Unit of Acharya Narendra Dev College, University of Delhi.

**Mr. Rajat Sharma** - Secretary, NSS Unit of Acharya Narendra Dev College, University of Delhi.

**Mr. Samyak** - Student Coordinator, NSS Cell of Netaji Subhas University of Technology.

**Mr. Mudit Hans** - Student Coordinator, NSS Unit of Sri Venkateswara College, University of Delhi.

**Miss Geethika Patnaik** - Student Coordinator, NSS Unit of Aryabhatta College, University of Delhi.

**Miss Suchita Munda** - Student Coordinator, NSS Unit of Delhi College of Arts & Commerce, University of Delhi.

**Miss Muskaan Dimri** - President, NSS Unit of Shivaji College, University of Delhi.

**Mr. Ritik Chanana** - President, NSS Unit of BITS Pilani

**For Any Query related to it, please contact:**

 **Miss Niharika Upadhyay - 8826834077**

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# ACHARYA NARENDRA DEV COLLEGE UNIVERSITY OF DELHI

ACCREDITED 'A' GRADE BY NAAC- Score 3.31  
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## Coordinating Principal:

▶▶▶ *Dr. Ravi Toteja - Officiating Principal*

## Coordinating Program Officer:

▶▶▶ *Dr. Sunita Jetly - Program Officer, NSS ANDC*

## Main Coordinator :

▶▶▶ *Miss Niharika Upadhyay - President, NSS ANDC*

## Coordinators :

▶▶▶ *Mr. Pratham Malik - Vice President, NSS ANDC*

▶▶▶ *Mr. Rajat Sharma - Secretary, NSS ANDC*

organized by Team NSS ANDC



▶▶▶ *Special efforts of Arunima, Vikas and Ayush - NSS ANDC  
Volunteers*



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