

Sardar Bhagwan Singh University, Dehradun organized Yoga session



To mark World Yoga Day, Sardar Bhagwan Singh University, Dehradun organized a Yoga session on 23rd June, 2021 under the esteemed guidance of Shri. S. P. Singh (Chancellor) and Dr. Gaurav Deep Singh (Secretary, Board of Governors). The program was started with lamp lighting ceremony by Prof. R. K. Singh (Officiating Vice Chancellor) accompanied with Prof. Maneesh Arora (Dean Students Welfare), Ms. Urmi Chaurasia (Controller of Examination) and Prof. P. K. Mathur. Ms. Dilrajpreet Kaur (World Champion, Uttarakhand Govt. Yoga Brand Ambassador) and Mrs. Neha Nanda (Yoga Teacher, Uttarakhand Ayurved University) renowned yoga trainers conducted the yoga session. Ms. Urmi Chaurasia and Dr. Reena Kumari welcomed the yoga trainers with a flower bouquet. Prof. R. K. Singh (Officiating Vice Chancellor) addressed all the participants and mentioned the importance of yoga in this current pandemic scenario. More than 100 students participated in the yoga session virtually. All the faculty and staff members participated and performed various forms of yoga. Prof. R. K. Singh (Officiating Vice Chancellor) felicitated Ms. Dilrajpreet Kaur and Mrs. Neha Nanda with a memento of appreciation. The program was coordinated by Capt. Nalini Mehrishi, Ms. Deepika Ahuja, Dr. Mamta. F. Singh, Dr. Niranjan Shah and Mr. Vishal Warikoo. The program was anchored by Ms. Aanchal Loshali.

