

Report on 'Azadi ka Amritmahotsav, 75th Anniversary of Independence' and 21 Days Surya Namaskar Project

Day 1

The Health and Well Being Committee of Doaba College Jalandhar celebrated '**Azadi ka Amritmahotsav, 75th Anniversary of Independence**' and organized **21 Days Surya Namaskar Project** (7th January to 27th January, 2022) in Online mode. This project is jointly supported by National Yogasana Sports Federation (NYSF); Ministry of Ayush, Government of India; Association of Indian Universities (AIU); Ministry of Education, Government of India; Ministry of Youth Affairs and Sports, Government of India; Indian Council for Cultural Relations and Ministry of External Affairs, Government of India. Dr. Sunny Madaar, Doctor by Profession and Art of Living Teacher graced the occasion as a resource person for the event. He was given a hearty welcome by principal Dr. Pardeep Bhandari, Dr. Suresh Mago, Faculty members and around 100 participants. Welcoming the speaker Dr. Pradeep Bhandari explained the importance of Yoga and purpose of celebrating Amritmahotsav to get freedom from problems of body and mind. Dr. Sunny described Yoga as a way of Life. He taught various steps of Sukshma Vyayama, Surya Namaskar techniques, several breathing exercises and concentrated on meditation too. Prof. Neha moderated the event. Finally, Prof. Garima Chodha presented the vote of Thanks

Day 2

On Day 2 also Dr. Sunny Madaar, Doctor by Profession and Art of Living Teacher was the resource person. The session of second day began with three rounds of Gayatri Mantra. The resource person explained the 7 levels of Human Existence and described Yoga as union of mind with self. He taught various steps of Yoga, Penguin Walk, 5 rounds of Surya Namaskar, Nadi Shodhan techniques, Chin Mudra, several breathing exercises and concentrated on meditation too. Dr. Suresh Mago, Convener of the Committee, initiated the Pledge Ceremony to create a culture of fitness and encourage a healthy lifestyle through the practice of Suryanamaskar. Prof. Neha moderated the event and finally thanked everyone.

Day 3

On the third day of **21 Days Surya Namaskar Project** the resource person taught various steps of yoga, five rounds of Surya Namaskar, Kapalbhathi Pranayam, Whistling Pranayam, candle blowing Pranayam, Nadi Shodhan Pranayam, several breathing exercises and meditation techniques. Dr. Suresh Mago moderated the event. Finally, Prof. Neha Gupta presented the vote of thanks.