



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

Yoga and Wellness Society (YUJ)

Online Yoga Camp: YUJ – Yoga and Wellness Society, under the aegis of the Internal Quality Assurance Cell (IQAC) of Atma Ram Sanatan Dharma College, University of Delhi, organized an **online yoga camp from 27 November to 2 December 2023**, from 6:00 P.M. onwards on the Zoom platform with great zeal and enthusiasm. The event was organized under the convenorship of **Prof. Vinita Tuli (IQAC Convenor)** and **Dr. Neeta Azad (Convenor, YUJ – Yoga and Wellness Society)**, and under the patronage of **Prof. Gyantosh Kumar Jha, Principal, ARSD College**. **Ms. Kritika**, a Certified Yoga Teacher and Yoga Alliance Yoga Instructor from Toronto, Canada, served as the guest trainer for the event. The camp was attended by approximately **40 participants**, including teaching staff, students, and members of the YUJ Society.

Creative Ways of Stress Management: This event was conducted in collaboration with the Mental Health and Wellness Committee under the aegis of IQAC. More than **100 participants** took part in this event. **Ms. Rutika Khandol**, a clinical psychologist, was the expert for the session. She discussed various causes of stress and ways in which stress can be managed effectively.

The Art and Science of Treating Painful Back: YUJ – Yoga and Wellness Society, in collaboration with the Mental Health and Wellness Committee of Atma Ram Sanatan Dharma College, University of Delhi, organized a talk on “**The Art and Science of Treating a Painful Back**” on **22 November 2023** from 11:00 A.M. onwards in the college premises with great zeal and enthusiasm. The event was organized under the convenorship of **Prof. Vinita Tuli (IQAC Convenor)**, **Dr. Vijika Pandey Singh (Convenor, Mental Health & Wellness Committee)**, and **Dr. Neeta Azad (Convenor, YUJ – Yoga and Wellness Society)**, and under the patronage of **Prof. Gyantosh Kumar Jha, Principal, ARSD College**.

Dr. N. H. Bajaj (Senior Director in Orthopaedics, HOD Ortho–Spine Surgery, Max Super Speciality Hospital) was the guest speaker for the event. Approximately **100 participants** (teaching staff, students, and members of the YUJ Society) took part in the event. The session was live telecasted on Facebook. Certificates of participation were provided to all participants and volunteers.