



Institute of Education & Research
Report of the event

Event: Yoga Session- Tadasana

Category of the event: Life skill

Key note speaker/Resource person: Mr. Sanjeev Kethwas, Sports Officer.

About the Event

Date: - 14-07-2018

Time: 09:00AM-10:00AM

Number Of Attendees/Participants: - 37

Description of the event

The expert introduced the asana and said that Tadasana is the starting and finishing position of all Sun Salutation sequences, in addition to its use as a resting pose between other more strenuous postures. The term is derived from two Sanskrit roots; tada, meaning "mountain" and asana meaning "seat" or "posture."

Tadasana is the starting and finishing position of all Sun Salutation sequences, in addition to its use as a resting pose between other more strenuous postures. The expert performed the steps of this asana by standing up with feet apart in a normal distance without locking the knees. The expert hung his arms alongside the body and hands pointed straight towards the ground. The resource person added that this asana is helpful in relieving stress and generating concentration power of an individual. The students showed the interest in the activity and were taking part with enthusiasm.

Attendance Sheet of Yoga Session- Tadasana (2018)



Institute of Education & Research

Attendance Sheet of Yoga Session- Tadasana

Date:- 14-07-2018, 09:00AM-10:00AM

S. No.	Enroll No.	Name	Sign
1	20150025	AAYUSH MANGWANI	
2	20150088	PRATEEK JAIN	
3	20150200	NEELAM JAIN	
4	20150147	POORNIMA TRIVEDI	
5	20150231	RASHMI THAKUR	
6	20150448	KAJAL SINGH BHADARIA	
7	20150555	YESHU VASHISHTHA	
8	20150904	LOKESH KUMAR	← ABSENT →
9	20151243	AVIRAL PRATAP SINGH	
10	20150201	SALONI BALA	
11	20151231	RITIK GUPTA	
12	20150225	NEETU SINGH	
13	20150730	RAHUL SINGH	
14	20150271	KARAN KUMAR	KARAN
15	20150835	SACHIN KUMAR	← ABSENT →
16	20160048	SURYA MISHRA	
17	20160304	SHAHNAWAZ	
18	20160570	YASHPAL SINGH RAJA	
19	20161070	VIPIN KUMAR JHA	
20	20161100	KOMAL JAIN	
21	20160177	ANUPRIYA JAIN	← ABSENT →
22	20160242	KM NAMRATA GUPTA	
23	20160277	AKSHAY KUMAR JAIN	
24	20160278	DEEKSHA GUPTA	
25	20160279	SHIVAM YADAV	

26	20160339	PRATHAM	Pratham
27	20160340	YASHPAL SINGH	Yashpal Singh
28	20160434	VAIBHAV SETH	Vaibhav
29	20160466	NEELAM YADAV	N Yadav
30	20160519	HEMANT PATEL	← ABSENT →
31	20160547	VANDANA YADAV	Vandana
32	20160599	VEENESH YADAV	Veenesh
33	20160602	GIRISH KUMAR	Girish
34	20160661	SONAM NIGAM	Sonam Nigam
35	20160857	MAHIMA BANSAL	Mahima Bansal
36	20161009	PRINCE PATARIYA	Prince
37	20161015	PANKAJ KUSHWAHA	Pankaj
38	20160908	INDRAJEET SINGH	← ABSENT →
39	20161048	DEEPTI SHAKYA	Deepti
40	20161049	NISHA	Nisha
41	20160630	AKASH KUMAR SINGH	Akash
42	20160631	LOKESH KUMAR SINGH	Lokesh

Shikha

Geo tag Photos of Yoga Session- Tadasana (2018)

