



# KASHI GROUP OF INSTITUTIONS

Manage by: Jain Education Society  
23km Milestone, Varanasi-Allahabad Road, Mirzamurad, Varanasi (U.P.)

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**Date: 22/06/2021**

## **REPORT OF 7<sup>TH</sup> INTERNATIONAL YOGA DAY**

With the blessings of KGI Varanasi, having constant encouragement of our respected Vice Chairman Vipul Jain Sir, an online session for Yoga is conducted to known about the important aspects of Yoga in our life to our faculties, staff and students. The DSW Dr. Raviranjana Kumar Singh of KGI-Varanasi has hosted the Yoga session and details as;

**Event Name** : International Yoga Day  
**Date** : 21<sup>st</sup> June 2021 @ 11:00 AM to 12:00 Noon  
**Yoga Teacher** : Mr. Sanjay Kr. Sharma

**About the Yoga Teacher:** Mr. Sanjay Kumar Sharma is renowned senior faculty of the Art of Living since 2006, teaching several stress elimination, motivation, leadership and transformation program. He has been Inspiring people from all section of society from corporate sector to slums from terrorists in jail to fresh budding minds in educational Institute.

Mr. sanjay Sharma embraced Yoga and Meditation in 2001 and has been Practicing it ever since which made him a well-deserved Certificate Yoga Trainer & Instructor by NSDC to teach Yoga and Meditation. He is a well-counselor for Student, Parents and Youth and has successful delta with topics like Concentration, Memory, Focus, Time Management, Public Speaking, Team Building, Leadership, relationship, Career and so on.

Since 1994, He has been activity involve in the field of Education, teaching Commerce to senior secondary classes in India's topmost Initiation. Member of State Council for UP- Parenting and School Education Program, State coordination of UP ABC, Zonal Coordinator of Central India-ABC, Deputy Center Superintendent and Head Examiner for Central Board of Secondary Education. He has been bestowed with several Award and Recognition one after the other on multifarious platform. He has also has Honored by the Hon'able Minister Mrs. Smriti Irani for excellent result in CBSE.

**Program:** On this Yoga session, the Zoon and Google meet link was circulated among all faculties, staff and student of KGI. Around 60 participants of Faculties, staff and Students have participated.

At the beginning, Ms. Nistha Sahu, Assistant Professor (Department of CE) has given a welcome address to the participants and after the presentations Dr. Ashutosh Mishra Sir, Director(KIP) delivered the vote of thanks.

From the Yoga session, the participants had the opportunity to know about different type of Yoga and there Importance.

### Screenshots of the Yoga Session:



