



End of Year Report (2016-2017)

YOGA SESSION - 7 & 8 March 2017

Date: 7 & 8 March 2017

Time: 7:00 am to 8:30 am

Venue: Tapovan Quadrangle

Participants: 48-58 (Faculty Only)

Instructor: Dr. D. K. Gupta

TWO-Days Yoga session organized on 7th and 8th March 2017 in UPES. It was specially designed for the faculty members. Enthusiast faculty from both the campuses participated in the 2-days program.





YOGA SESSION - 7 & 8 March 2017 at Tapovan Quadrangle



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YOGA SESSION - 16 MAY 2017

Date: 16 May 2017

Time: 7:30am to 8:30am

Venue: Sports Ground, Bidholi Campus

Participants: 35-40 Students

Instructor: Dr. D. K. Gupta

Specialty of the event was participation of the students from 6 different countries and these were:

Australia, Bangladesh, France, Libya, Sudan and of course India!

It was much appreciated by the foreign participants.





YOGA SESSION - 16 May 2017 at Sports Ground, Bidholi Campus



YOGA SESSION - 16 May 2017 at Sports Ground, Bidholi Campus



World Yoga Day - 21 Jun 2017

Date: 21 June 2017

Duration: 3 hours

Number of participants: 90

Instructors: Ms. Apoorva Gupta & Mr. Amit Kumar

Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being.

University of Petroleum & Energy Studies, Dehra Dun celebrated International Day of Yoga with great zeal and enthusiasm. More than 90 Faculty, Staff UPES Students and our International students participated in the event. Our Cultural Convener - Dr. Shalini Vohra welcomed all the participants and shared her thoughts about benefits from yoga. Mr. Anant Mishra shared the schedule of event with all participants this was followed by the Yoga rayer which was led by our Assistant Director Student Affairs Mr. Manish Madaan. We and the privilege of practicing yoga with our Hon'ble Vice Chancellor - Dr. Shrihari who

Our two young faculties who are also yoga followers Ms. Apporva Gupta and Mr. Amit Kumar were the instructors for the day. Both of them did all the Asanas as prescribed in the Yoga protocol and the entire gathering followed them.

In the end our Vice Chancellor delivered Vote of thanks which was followed by healthy breakfast for all.

The event was coordinated by Directorate of Students Affairs under the guidance of Senior Director Operations - Mr. Sanjiv Zutshi, then Director Student Affairs - Brig Dr. A.K.Sharma (Retd), Director Administration - Brig S.S.Dhillon (Retd) and blessed by our Honorable Chancellor - Dr. S. J. Chopra, supported by Mr. Amar Saxena, Mr. Michael William, Mr. Vinay Chettri, Mr. Anand Pai and Mr. Vishal Gangwar.

Ms. Shivani and Dr. Mandira Agarwal ensured that the students of "Project Abhilasha" and our adopted daughters attend the event.

Our Health Services team was also present to provide medical support.





WORLD YOGA DAY - 21 Jun 2017



WORLD YOGA DAY - 21 Jun 2017



YOGA SESSION - 15 AUGUST 2017

DATE: 15 AUGUST 2017

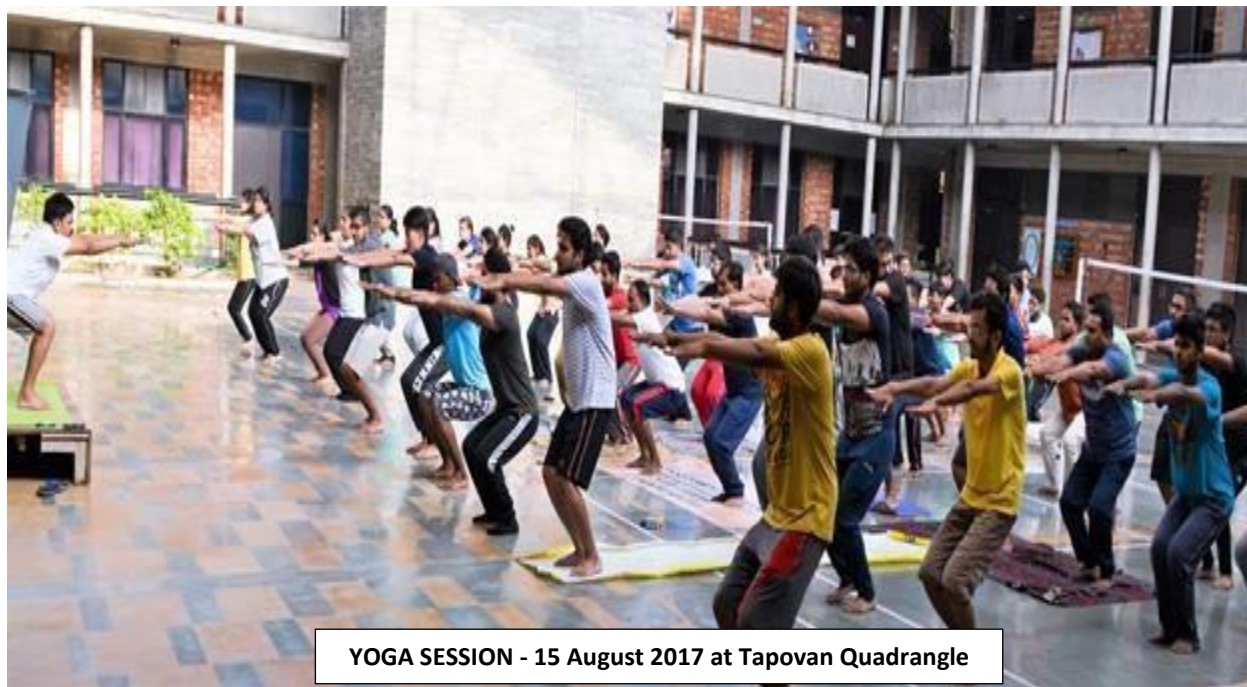
TIME: 7:30 to 8:30AM

VENUE: TAPOVAN QUADRANGLE

PARTICIPANTS: 80 APPROX

INSTRUCTOR: Dr. D. K. Gupta (Department of petroleum)

A yoga session is organized today ie on 15th August, 2017 to raise the awareness about importance of health and how yoga help to make ourselves free from diseases. The event received a warm response. Around 80 has enjoyed the session.



YOGA SESSION - 15 August 2017 at Tapovan Quadrangle





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