

## NASHA MUKTI DIWAS YOGA SESSION

**YOGA INSTRUCTOR** – Sneha Chaudhary

**Event Date:** -13th May 2025

**Event Venue:** – Girls Hostel Ground

### **Event Details: -**

On the occasion of NASHA MUKTI DIWAS, a special yoga session was organized to spread awareness about the harmful effects of drug addiction and to promote a healthy, stress-free lifestyle through yoga.

This session was organized on 13th May '2025 under the guidance of Dr. Mahaveer Singh Naruka (DSW), Mr. Sonu Sharma (Sports In-charge ), Ms. Ria Sachdeva (NCC In-charge).

This session began with a warm welcome and a brief introduction to the importance of Nasha Mukti Diwas. We shown the path to the participants how we can become drug- free through yoga and guided all participants through a variety of yoga asanas, including **Tadasana, Bhujangasana, Trikonasana, Mandukasana,** and **Anulom – Vilom.** In addition, breathing exercises and meditation were practiced to help improve focus, inner peace, and self- discipline.

During the session, all participants took a pledge to remain DRUG- FREE and to help spread this message among others.





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