



Nirwan University Jaipur

Established by the Rajasthan State Legislature vide Act No.2 of 2017 and recognized u/s 2(f) of the UGC Act 1956

ACTIVITY REPORT

Academic Year (2023-24)

1. **Name of the Organising Department:** Yoga & Wellness Center (OJAS)
2. **Activity Title:** Life Management Session
3. **Date & Duration of Activity:** May 27, 2024 (12:00 PM to 1:00 PM)
4. **Venue of Activity:** Smart Classroom, Nirwan University Jaipur
5. **Name & Contact Details of the Organizer:** Dr. Krishna Agarwal,
Asst. Prof., Dean School of Yoga

Participants' Details with List

Total Participants	Number of Male	Number of Female
33	18	15

6. **Target Audience:** Students of Nirwan University Jaipur.
7. **Objectives of The Activity:**
 - i. To introduce participants to the fundamental concepts of life management.
 - ii. To demonstrate practical yoga and mindfulness techniques.
 - iii. To provide strategies for integrating wellness practices into daily life.
8. **Any suggestion for improvement based on the feedback or otherwise:**
 - a) Regular life management and wellness sessions be incorporated into the university's calendar.
 - b) A dedicated wellness space be established for ongoing yoga and mindfulness practice.
 - c) Collaboration with wellness experts be continued to offer diverse and impactful programs.

Notification



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Ref: NUJ/Admin/2024/2907

Date: 27.05.2024

Notice

All the staff members of Nirwan University Jaipur are hereby inform that the Yoga & Wellness Center (OJAS) of the University has scheduled a “**Plantation Activity**” on **World Environment Day (June 05th, 2024)** near the Yoga Garden at Campus between 6:00 PM to 7:00 PM. Dr. Krishna Agarwal will coordinate this event.

The schedule of the activity is mentioned below:

Date: June 05th, 2024

Time: 6:00 PM-7:00 PM

Venue: Near Yoga Garden

OSD to Chairperson



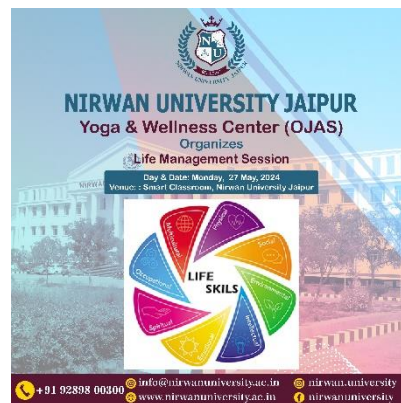
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1. All concerned.
2. Guard File

Brief Report of The Event

Life Management Session

(May 27, 2024)



The **Yoga & Wellness Center (OJAS)** at Nirwan University Jaipur, organized an enriching *Life Management Session* on May 27, 2024. This event aimed to provide students with essential tools and techniques to manage stress, improve productivity, and encourage a holistic approach to health and wellness. This session was coordinated by Dr. Krishna Agarwal, Dean & Asst. Prof., School of Yoga. This session marks a significant step towards promoting a healthier, more balanced lifestyle among the university community, aligning with the broader goals of Nirwan University and the Yoga & Wellness Center. The positive response from participants underscores the need for such programs in educational institutions. The University plans to organize similar sessions in the future, further promoting holistic health and wellness within the community.





