



# 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:** Health Awareness Activity
3. **Date & Duration of Activity:** May 15, 2024(6:00PM to 6:45 PM)
4. **Venue of Activity:** Yoga Garden, Nirwan University Jaipur  
**Name & Contact Details of the Organizer:** Dr. Krishna Agarwal,  
(Asst. Prof., Dean School of Yoga)
5. **Participants Details with list:**

Total Participants	Number of Male	Number of Female
34	04	30

6. **Target Audience:** The labor community of Nirwan University Jaipur.
7. **Objectives of the workshop:**
  1. To raise awareness about the importance of health and well-being among the labor community.
  2. To provide practical insights and techniques for maintaining good health amidst daily work challenges.
  3. To foster a supportive environment for the labor community to prioritize self-care and wellness.
8. **Any suggestion for improvement based on the feedback or otherwise:** Should have more activities.

**Brief Report of The Event**  
**Health Awareness Activity**  
**(May 15, 2024)**



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Ref: NUJ/Reg./2024/2866

Date: 10/05/2024

## NOTICE

**(Health Awareness Activity)**

This is to inform that **Yoga and Wellness Center** of the University has scheduled a "**Health Awareness Activity**" among the labour community on May 15, 2024, at 6:00 PM. This event will be coordinated by Dr. Krishna Agarwal.

**Schedule of the activity mentioned as below:**

Date: May 15, 2024

Time: 6 PM-6:45 PM

This has the approval of the competent authority.

**Copy to:**

- 7. All concerned
- 8. Notice Board
- 9. Guard File



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# NIRWAN UNIVERSITY JAIPUR

## Yoga and Wellness Center (OJAS)

Organizes

Health Awareness Activity Among Labour Community of NUJ

Time: 6:00 PM-6:45 PM  
Day & Date: Wednesday, 15 May, 2024  
Venue: Yoga Garden of Nirwan University Jaipur



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The Health Awareness Activity was organized by the Yoga and Wellness Center (OJAS) at Nirwan University Jaipur on May 15, 2024. The event was coordinated by Dr. Krishna Agarwal, Asst. Prof, Dean School of Yoga, Nirwan University Jaipur.

This activity aimed to promote health consciousness and provide essential knowledge and practices for the labour community. The event was tailored to address the specific health challenges faced by labourers and equip them with tools for better physical and mental well-being. Participants engaged in rejuvenating yoga and meditation sessions aimed at alleviating stress, improving flexibility, and enhancing overall well-being. Special emphasis was placed on yoga poses and breathing techniques beneficial for individuals engaged in physically demanding work. By fostering awareness, providing education, and promoting practical strategies for healthier living, the event contributed to the empowerment and collective welfare of the labour community





