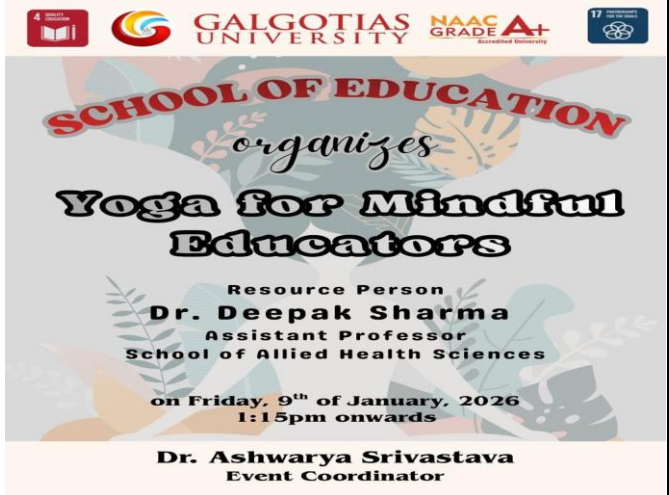


Event Report	
Title of Activity	Yoga for Mindful Educators
Organized by (School/Centre Name)	School of Education
Program Theme	Life Skills
Date	09 th January 2026
Time	1:15 pm to 4:15 pm
	
Facebook Link	https://www.facebook.com/SOEGUUP?mibextid=ZbWKwL
Social media link - Instagram	https://instagram.com/soe_galgotiasuniversity?igshid=YmMyMTA2M2Y=
No. of Students	22
No. of Faculty	2
Photographs	
	
	

	The School of Education (SOE), Galgotias University organized a Yoga session, on Friday, the 09th of January 2026 in offline mode. The session, under the title “Yoga for mindful Educators” was held under the expert guidance of Dr. Deepak Sharma, Assistant Professor from School of Allied Health Sciences, Galgotias University. This workshop was conducted under the practicum paper of Sports and Yoga in B.Ed. third semester program. The basic idea behind the conduction of this workshop was to enable the students to understand the origin and significance of Yoga and how it can empower the students of today. The event was attended by all the faculty members and all the B.Ed. students of third semester. Dr. Deepak Sharma shared his presentation about the various forms of yoga and its application in today’s times. He discussed the growing need of Yoga in the fast-paced lives of today’s students who face stress and anxiety every day. The workshop was very informative and interactive. A question-answer session helped to solve all the queries and curiosities of the students. The workshop was enjoyed thoroughly by one and all present. The dean of SOE, respected Dr. Satyendra Gupta, thanked the esteemed speakers in the end and encouraged the students to find contentment and peace through yoga while ensuring good physical and mental health. This also helped the students connect towards the attainment of Sustainable Development Goal (SDG) 4 on Quality Education. Dr. Ashwarya Srivastava, Associate Professor for the School of Education at Galgotias University coordinated the event.
Attendance Sheet	Enclosed
Report Submitted by	Dr. Ashwarya Srivastava
For Office Use	
Signature of Event Coordinator	Signature of School/Department Head (With Seal)