



**SANTOSH**  
**Deemed to be University**  
(Established u/s 3 of the UGC Act, 1956)

## **An Initiative by IQAC**

International Yoga Day Celebration

Date - 20-04-2022

**Name of Event - Yoga Training Program**

**Venue** - 1<sup>st</sup> Floor, Santosh Medical College

**Date /Month/Year** - April to June, 2022



**Time** - 09:00 -10:00 am

**Organising Unit /Collaborating agency** - Bhartiya Yoga Sansthan


Yoga during the day is a great way to get rid of stress that accumulates in body and mind IQAC in collaboration with Bhartiya Yoga Sansthan organized Yoga workshop for students of Medical and Dental College with Pranayam, Meditation & Yoga sessions to release stress. The students participated enthusiastically & it helped rejuvenate the body and mind.

The faculty from the Bhartiya Yoga Sansthan took all the yoga sessions with great dedication and there was participation from faculty members and staff who also participated with full interest and eagerness.

The various yoga sessions were conducted starting from April 2022 and culminating to International Yoga Day on 21<sup>st</sup> June, 2022



**SANTOSH**  
Deemed to be University



**INTERNAL QUALITY ASSURANCE CELL**  
in association with  
**BHARTIYA YOGA SANSTHAN**  
presents

**YOGA TRAINING PROGRAM  
INTERNATIONAL DAY OF YOGA**

April to June, 2022 | Time - 9:00 am Onwards

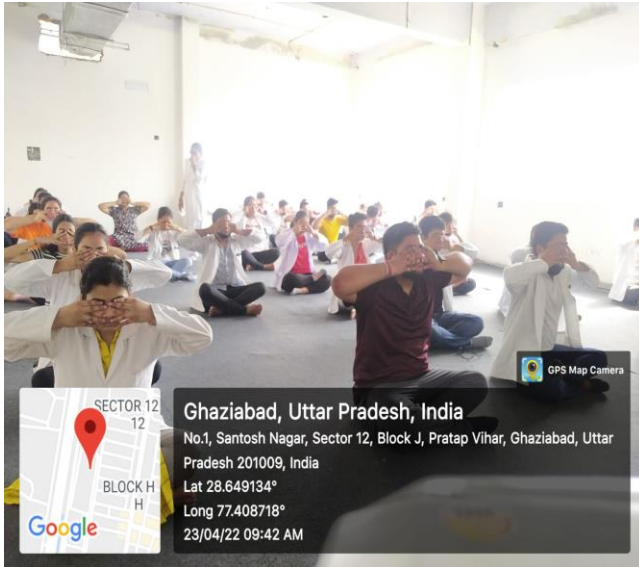
**Venue**  
Ground Floor, Santosh Medical College,  
Ghaziabad (Delhi NCR)

# ALL YOGA SESSIONS

20.04.22-



23.04.22-





27.04.22-



259, Sector 12, Block H, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.6488769°

Longitude  
77.4090286°

Local 09:11:04 AM  
GMT 03:41:04 AM

Altitude 154.7 meters  
Wednesday, 27-04-2022



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64914795°

Longitude  
77.40871915°

Local 09:27:52 AM  
GMT 03:57:52 AM

Altitude 160.52 meters  
Wednesday, 27-04-2022



230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64914314°

Longitude  
77.40883697°

Local 09:46:38 AM  
GMT 04:16:38 AM

Altitude 164.51 meters  
Wednesday, 27-04-2022



230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64910476°

Longitude  
77.40907302°

Local 09:54:37 AM  
GMT 04:24:37 AM

Altitude 160.45 meters  
Wednesday, 27-04-2022

Note : Captured by GPS Map Camera Lite

04.05.22-



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64914149°

Longitude  
77.40877213°

Local 09:48:28 AM  
GMT 04:18:28 AM

Altitude 152.52 meters  
Wednesday, 04-05-2022

Note : Captured by GPS Map Camera Lite



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.6491945°

Longitude  
77.40871377°

Local 09:25:48 AM  
GMT 03:55:48 AM

Altitude 159.7 meters  
Wednesday, 04-05-2022

Note : Captured by GPS Map Camera Lite



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64911942°

Longitude  
77.40868071°

Local 09:42:19 AM  
GMT 04:12:19 AM

Altitude 172.57 meters  
Wednesday, 04-05-2022

Note : Captured by GPS Map Camera Lite



230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.6489911°

Longitude  
77.40895961°

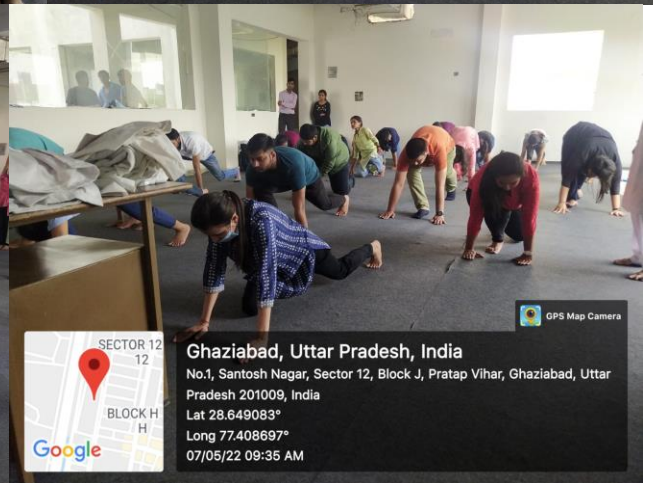
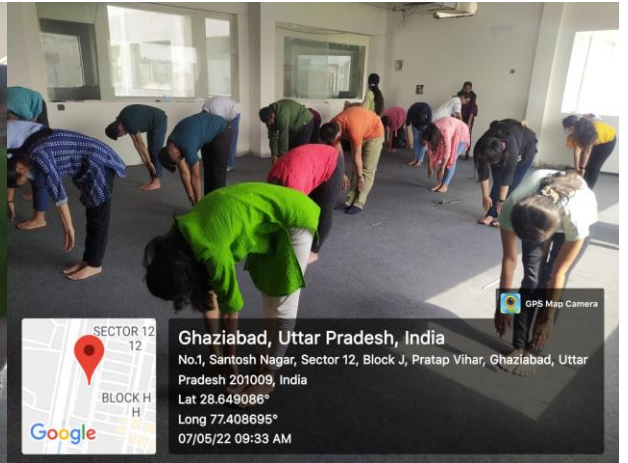
Local 09:56:19 AM  
GMT 04:26:19 AM

Altitude 145.06 meters  
Wednesday, 04-05-2022

Note : Captured by GPS Map Camera Lite



07.05.22-



11.05.22-





14.05.22-



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64913727°  
Local 09:49:43 AM  
GMT 04:19:43 AM

Longitude  
77.40859425°  
Altitude 168.01 meters  
Saturday, 14-05-2022



L - 403 SECTOR -12 NEAR MEDIMAX HOSPITAL PRATAP VIHAR, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.6515421°

Longitude  
77.4108464°

Local 10:04:40 AM  
GMT 04:34:40 AM

Altitude 0 meters  
Saturday, 14-05-2022

Note : Captured by GPS Map Camera Lite



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64917048°  
Local 09:49:24 AM  
GMT 04:19:24 AM

Longitude  
77.4085898°  
Altitude 168.07 meters  
Saturday, 14-05-2022



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude  
28.64914537°  
Local 09:54:30 AM  
GMT 04:24:30 AM

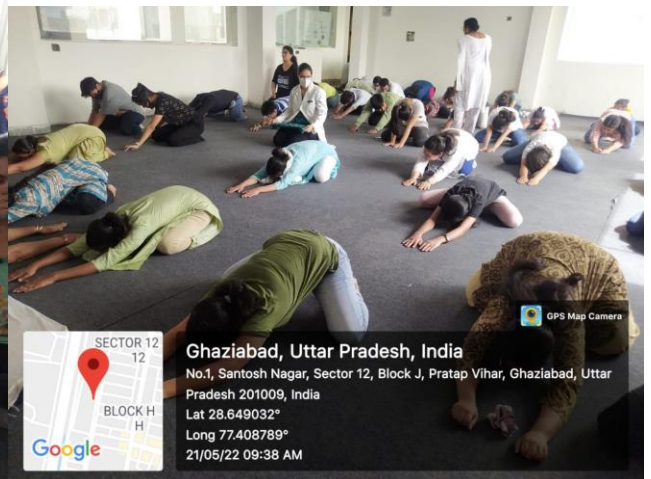
Longitude  
77.40864311°  
Altitude 169.1 meters  
Saturday, 14-05-2022

18.05.22-





21-5-22-





25.05.22-



**GPS Map Camera Lite**

No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude	Longitude
28.64905662°	77.40872568°
Local 09:31:47 AM	Altitude 164.15 meters
GMT 04:01:47 AM	Wednesday, 25-05-2022

Note : Captured by GPS Map Camera Lite



**GPS Map Camera Lite**

No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude	Longitude
28.64905414°	77.40876827°
Local 09:25:11 AM	Altitude 164.92 meters
GMT 03:55:11 AM	Wednesday, 25-05-2022

Note : Captured by GPS Map Camera Lite



**GPS Map Camera Lite**

No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude	Longitude
28.64904494°	77.40874331°
Local 09:29:14 AM	Altitude 164.06 meters
GMT 03:59:14 AM	Wednesday, 25-05-2022

Note : Captured by GPS Map Camera Lite



**GPS Map Camera Lite**


230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude	Longitude
28.64918424°	77.40882301°
Local 09:53:05 AM	Altitude 168.35 meters
GMT 04:23:05 AM	Wednesday, 25-05-2022

Note : Captured by GPS Map Camera Lite

28.05.22-




 No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar,  
Ghaziabad, Uttar Pradesh 201009, India

Latitude <b>28.6490644°</b>	Longitude <b>77.40871954°</b>
Local 09:41:07 AM GMT 04:11:07 AM	Altitude 157.51 meters Saturday, 28-05-2022

Note : Captured by GPS Map Camera Lite




 No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar,  
Ghaziabad, Uttar Pradesh 201009, India

Latitude <b>28.64902804°</b>	Longitude <b>77.40847531°</b>
Local 09:25:18 AM GMT 03:55:18 AM	Altitude 150.54 meters Saturday, 28-05-2022

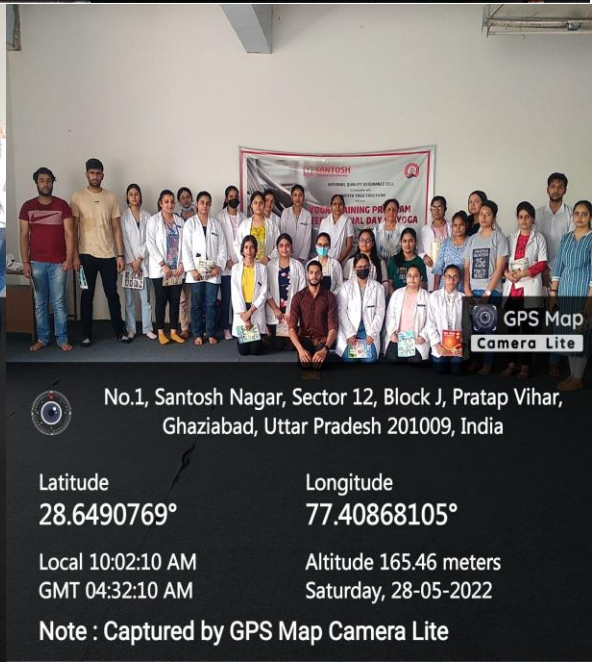
Note : Captured by GPS Map Camera Lite




 No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar,  
Ghaziabad, Uttar Pradesh 201009, India

Latitude <b>28.64899961°</b>	Longitude <b>77.40840931°</b>
Local 09:29:54 AM GMT 03:59:54 AM	Altitude 152.75 meters Saturday, 28-05-2022

Note : Captured by GPS Map Camera Lite



 No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar,  
Ghaziabad, Uttar Pradesh 201009, India

Latitude <b>28.6490769°</b>	Longitude <b>77.40868105°</b>
Local 10:02:10 AM GMT 04:32:10 AM	Altitude 165.46 meters Saturday, 28-05-2022

Note : Captured by GPS Map Camera Lite



01.06.22-



No.1, Santosh Nagar, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude 28.6491613° Longitude 77.40869503°

Local 09:28:56 AM Altitude 170.82 meters  
GMT 03:58:56 AM Wednesday, 01-06-2022

Note : Captured by GPS Map Camera Lite



230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude 28.6490796° Longitude 77.4089604°

Local 09:28:33 AM Altitude 152.9 meters  
GMT 03:58:33 AM Wednesday, 01-06-2022

Note : Captured by GPS Map Camera Lite



230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude 28.64900076° Longitude 77.40891811°

Local 09:20:18 AM Altitude 172.91 meters  
GMT 03:50:18 AM Wednesday, 01-06-2022

Note : Captured by GPS Map Camera Lite



230, Sector 12, Block J, Pratap Vihar, Ghaziabad, Uttar Pradesh 201009, India

Latitude 28.6490527° Longitude 77.408935°

Local 09:20:08 AM Altitude 155.5 meters  
GMT 03:50:08 AM Wednesday, 01-06-2022

Note : Captured by GPS Map Camera Lite



04.06.22-



08.06.22-

