

## PG DIPLOMA IN YOGA SCIENCE

### Activities organized (SESSION 2015-16)

Sr. No.	Activity	Level	Participants	Date	Remarks
1	Yoga camp was organized	Institutional	50 Students of P.G. Diploma in Yoga Science and sports students	15-06-2016 to 20-06-2016	Dr. Darshna, Assistant Prof. in Physical Education and Mrs. Sheetal, Assistant Prof. in Yoga Science
2	International yoga day was observed	Institutional	50 Students of Yoga and Sports Department	21-06-2016	Principal Dr.( Mrs.) Suresh Boora), Dr. Darshna and Staff members
3	Yoga and meditation exercises of Basic Asanas and yoga were practised in assembly session	Institutional	200 Students	Every 2 <sup>nd</sup> Monday of the month	Mrs. Sheetal
4	Extension Lecture on Asanas and Pranayams by Resource Person was organised	Institutional	100 Students	15 Sept. 2016	Prof. Jagwanti Deswal, Department of Physical Education, MDU, Rohtak



