

PG DIPLOMA IN YOGA SCIENCE

Activities organized (Session 2016-17)

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	17-06-2017 to 20-06-2017	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 P.G. Diploma in Yoga Science and sports	21-06-2017	Principal Dr.(Mrs.) Suresh Boora), Dr. Darshna and Staff members
3	Yoga and Meditation exercises of Basic Asanas and yogic exercises were practised in assembly session	Institutional	150 students	Every 2 nd Monday of the Month	Mrs. Sheetal
4	One Day National Seminar on 'Emerging trends in Yoga, Physical Education and Sports Sciences' was organised	Institutional	190 Delegates	04-02-2017	Mr.Bhagat Singh Rathee HOD, Physical Education, MDU, Rohtak and other academicians gave deliberations

