

PG DIPLOMA IN YOGA SCIENCE

Activities organized (Session 2018-19)

Sr. No	Activity	Level	Participants	Date	Remarks
1	Yoga camp was organized	Institutional	50 students	16-06-2019 to 20-06-2019	Dr. Darshna, Assistant Prof. in Physical Education and Mrs. Sheetal, Assistant Prof. in Yoga Science
2	International yoga day was observed	Institutional	50 students	21-06-2019	Principal (Dr. Mrs. Suresh Boora) Dr. Darshna, Mrs. Sheetal and Staff members
3	Yoga and meditation exercises of Basic Asanas and yogic exercises were practised in assembly session	Institutional	All Collage students	Every 2 nd Monday of the month	Ms. Sheetal , Ms. Sonika
4	Inter-College Yoga competition was organised	M.D.University Rohtak	12 Students	08-01-2020 to 09-01-2020	Ms. Sheetal

