

PG DIPLOMA IN YOGA SCIENCE
Activities organized (SESSION 2019-20)

Sr. No	Activity	Level	Participants	Date	Remarks
1	Yoga camp was organised	Institutional	52 students	16-06-2020 to 20-06-2020	Organized online during lockdown
	International yoga day was observed	Institutional	52 students	21-06-2020	Organized online during lockdown
2	Yoga and meditation exercises were practiced in assembly session	Institutional	190 Students	Every 2 nd Monday of the month	Ms. Sheetal , Mr. Ramniwas (Yoga Expert)
3	Yoga workshop on relief of Mental Stress was organised	Institutional	150 Yoga & Sports Students	13-01-2020 to 14-01-2020	Senior Yoga Coach from Youth Welfare Department, MDU, Rohtak was the instructor
4	Participation in Online Yoga competition (during Covid-19)	State level Yoga competition (organized by TRPG College Sonipat)	Suman & Meenu	12-05-2020	Participation
5	Participation in Online yoga Asana competition (during Covid-19)	National level Inter College competition organized by M.K.J College Rohtak	Pooja Devi & Dimple	14-05-2020 to 22-05-2020	Participation
6	Participation in Online Yoga Competition (during Covid-19)	National level Inter-College Competition(D.A.V College, Karnal)	Pooja Devi	30-05-2020	Secured Second Position

