

PG DIPLOMA IN YOGA SCIENCE

Activities organized (SESSION 2020-21)

Sr. No	Activity	Level	Participants	Date	Remarks
1	International Yoga Day (Online)	Yoga for Home Online(Yoga)	30 Students with NSS Volunteers	21-06-2020	Dr. Darshana
2	Yoga and Meditation Session	Institutional	30 Students	Basic Paranaayams	Ms. Sonika
3	State Level Inter-College Yoga Competition	T.R.P.G College, Sonipat	6 Students	09 -02- 2021	Consolation Prize





KANYA MAHAVIDYALAYA
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 DEPARTMENT OF YOGA AND SUPPLEMENTARY TO YOGA SCIENCE

YOGA ASNAS & PRANAYAMS

