

PG Diploma in Yoga Science Activities Organized (Session 2021-2022)

Sr.no	Activity	Level	Participants	Date
1	Yoga and Meditation (basic exercise)	Institutional	50 student	15 Dec 2021
2	Two days national online quize competition (National Youth Day)	B A R JANTA college KAUL (Kaithal)KUK	4 students	11 jan2022 to 12 jan 2022
3	Pranayams and meditation session	Institutional	40 students	6 April 2022
4	Health & Fitness (National webinar) online	Saraswati Mahila Mahavidyalaya Palwal	4 students	21 April 2022
5	Mud therapy session	Institutional	25 students	10 May 2020-2022
6	International Yoga day training camp	Collaboration ayush department kharkhoda	70 students	9 june 2022- 11 june 2022
7	8 th international yoga day two days workshop	Institutional [yoga for humanity]	70 students	20-21 june 2022