



Report Sports Activities 2021-22

- **A National Level Workshop titled "Yoga at Home and Yoga with Family" on the occasion of International Yoga Day, 21st June, 2021**

The Sports Committee in association with the Internal Quality Assurance Cell (IQAC) organised a National Level Workshop titled "Yoga at Home and Yoga with Family" on International Yoga Day on 21st June, 2021.

This workshop aimed at preparing the learners physically and mentally for integrating their physical, mental and spiritual faculties so that they can become healthier, saner and more integrated members of society and of the nation. The workshop helped the learners as well as the faculty in self-discipline and self-control, leading to an immense amount of awareness, concentration and a higher level of consciousness.

The eminent resource persons of the Workshop were Mr. Ravi Ahuja and Dr. Mita Sharma from Patanjali Yog Samiti. Around 250 national participants made this workshop a huge success.

8:39

185 KB/S Vo LTE 4G+ 84



fwk-hqwp-zeo



Resource Persons:



Shri. Ravi Ahuja

Kashyap is presenting



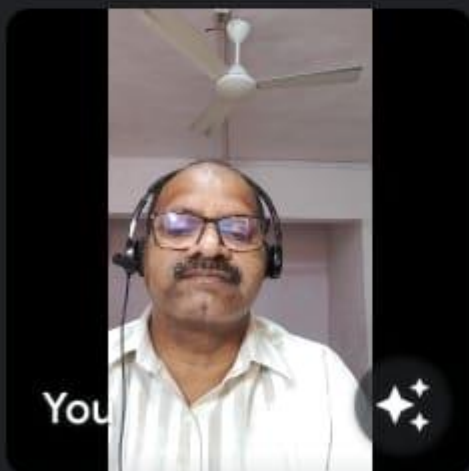
Dr. Mita Sharma



BMRUIA



Kashyap



You



Shruti

1 other