

SD College, Hoshiarpur

Report on the Yoga day celebration

International Yoga Day was celebrated on 21st June, 2021. The event was conducted in Online Mode. The department of NSS and Physical Education in collaboration with IQAC celebrated International Yoga Day by organising One Day National Webinar on the Topic: Yoga and Health. The resource persons for the event were Dr. Surbhi Sood Bansal and Dr. Shivani Sharma. Students of the college as well as the teaching and non teaching faculty participated in the webinar. The students were made well versed with various yoga poses and their importance. E-certificates were also provided to all the participants. The event was conducted under the able guidance of Principal, Dr. Nand Kishor and executed well by the convenors of the event, Dr. Gurcharan Singh and Ms. Manpreet Kaur.


Incharge

(Ms. Manpreet Kaur)
(Dr. Gurcharan Singh).


Principal

(Dr. Nand Kishor)