

**SANATAN DHARMA COLLEGE,  
HOSHIARPUR PUNJAB**  
Affiliated to Panjab University recognised UGC  
under section 20(D) B NAAC Accredited



**CHIEF PATRON**  
Mrs. Hema Sharma

**PATRON**  
Sh. Shri Gopal Sharma

**WEBINAR DIRECTOR**  
Dr. Nand Kishore

**IQAC HEAD**  
Mr. Parshant Sethi

**CONVENOR**  
Dr. Gureharan Singh  
Mr. Manpreet Kaur

**CO-CONVENOR**  
Mr. Money

**ORGANISING COMMITTEE:-**  
Dr. Deepika Thakia  
Ms. Manisha Thakur  
Ms. Harjot Kaur  
Mr. Jagtar Singh

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**E- CERTIFICATES WILL BE  
PROVIDED TO PARTICIPANTS**

**NATIONAL SERVICE SCHEME (NSS), DEPARTMENT OF  
PHYSICAL EDUCATION IN COLLABORATION WITH**

**IQAC**

**CELEBRATES " INTERNATIONAL YOGA DAY" BY  
ORGANIZING ONE DAY NATIONAL WEBINAR**

**TOPIC:- YOGA & HEALTH**

**ON 21ST JUNE 2022**

**9-30A.M-11.30 A.M**



**RESOURCE  
PERSON**  
**DR. NAND KISHORE**  
SDESD  
Yoga A  
Neuropathology  
Expert



**RESOURCE  
PERSON**  
**DR. SHIVANI  
NEHARWA**  
Assistant Professor  
Department of  
Neuropathology  
Panjab University,  
Chandigarh





**Hoshiarpur, Punjab, India**  
**SD College, SD College Rd, New Deep Nagar, Hoshiarpur, Punjab 146001, India**  
**Lat 31.519132°**  
**Long 75.897256°**  
**21/06/22 08:17 AM**







Hoshiarpur, Punjab, India

S D College, SD College Rd, New Deep Nagar, Hoshiarpur, Punjab 146001, India

Lat 31.519098°

Long 75.897232°

21/06/22 07:53 AM

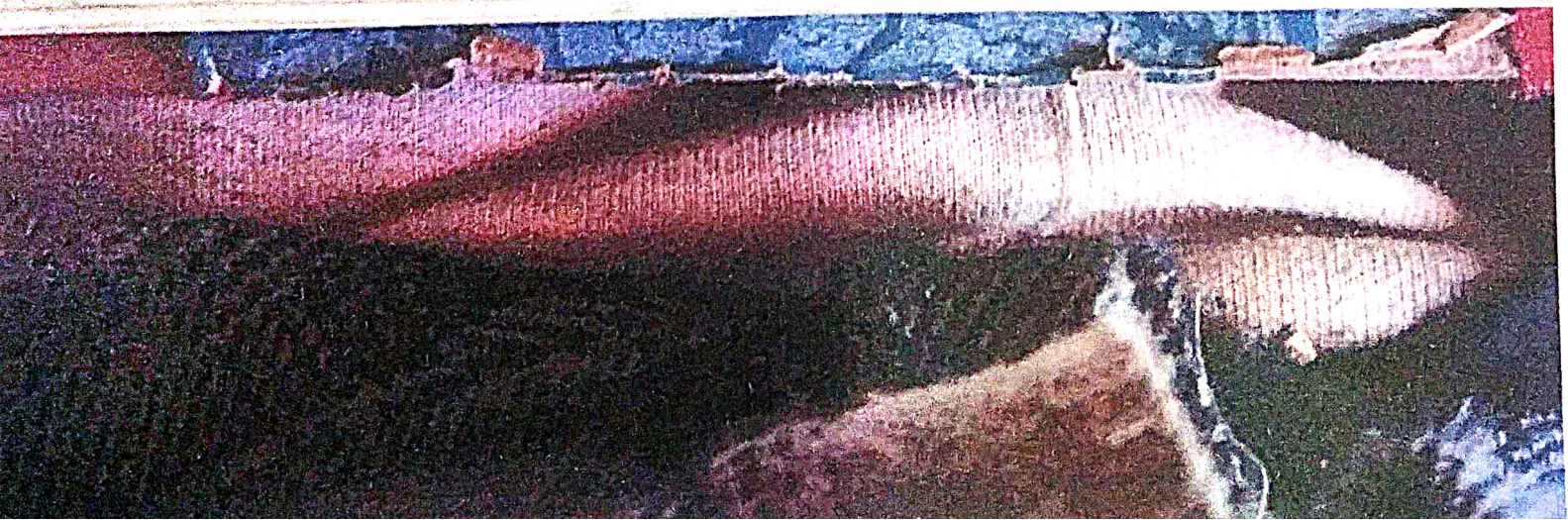




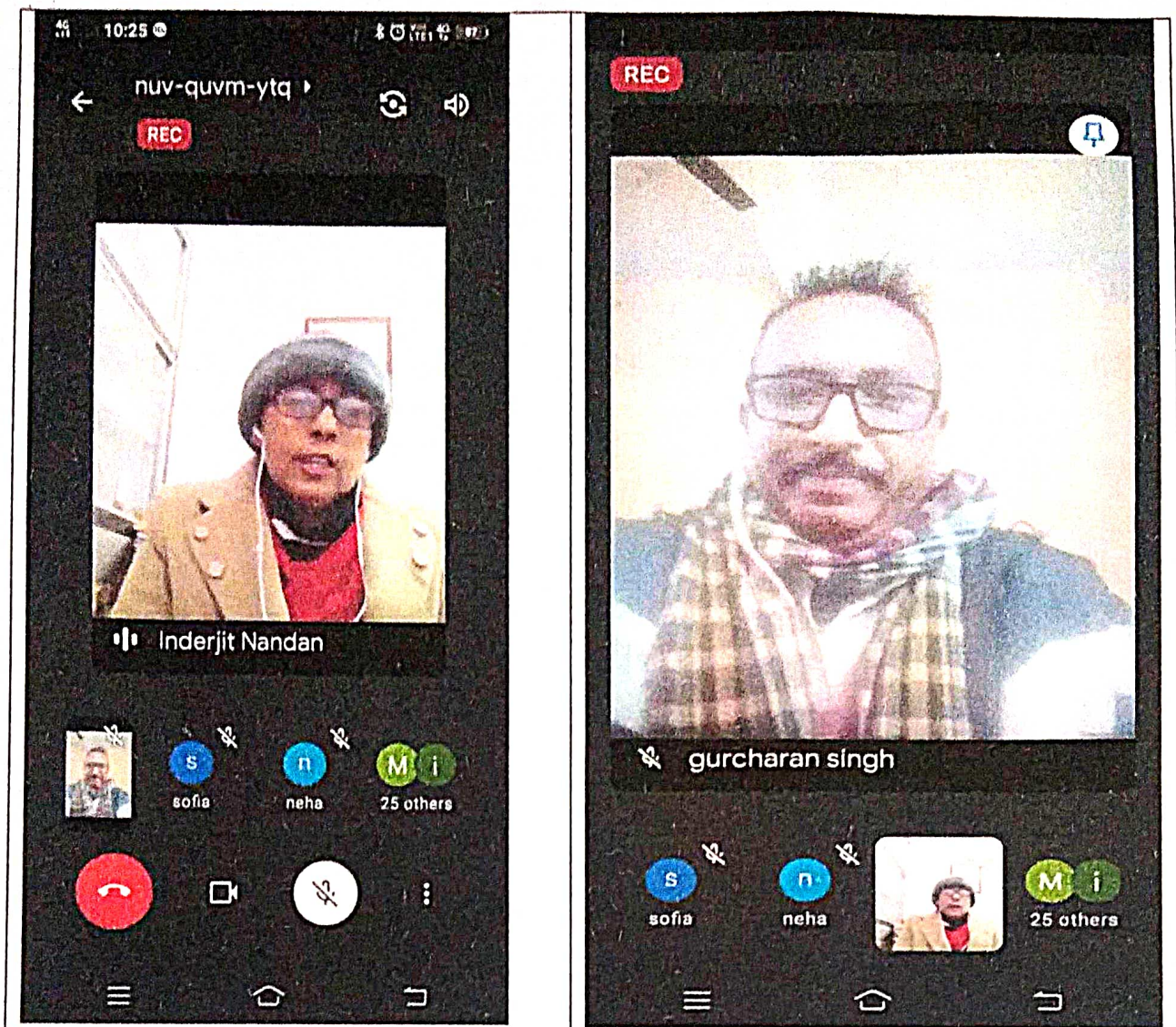
S.D. College  
Google

College, SD College Rd, New Deep Nagar, Hoshiarpur, Punjab  
146001, India  
Lat 31.519007°  
Long 76.897117°  
21/08/22 07:42 AM

at of SD college, Hoshiarpur organised a 8<sup>th</sup> Inter  
day on 21 June 2022. It was attended by our  
ent members, Principal Sir, teachers & students &  
thiriam. The event was began with a brief intro  
day by our Principal Sir & welcoming the guest of  
n Mohan & Mr Ashok Kapur yoga instructor asso  
a Sadhan Ashram, Hoshiarpur. Warm up exercise  
nd all the students practiced & performed sitting  
asanas, importance of these were explained simultantay  
under  
over







## ACTIVITY 05

**Topic: Health and Hygiene with AYURVEDA (04/02/2022)**

**Keynote Speakers: Ms Parminder Kaur  
Dr. Jaswinder Singh Dhami**

Seminar on Health and Hygiene was organised by Women cell, P.G. department of Commerce in collaboration with IQAC of SD College, Hoshiarpur. On this occasion, Dr JAswinder Singh and Mdam Parminder gave awareness among female faculty about Ayurvedic health benefits regarding eight loss and maintenance, say goodbye to stress, control blood pressure. They gave tips to maintain healthy life with ayurveda.

Approximately 100 students attended this seminar. Mrs. Manjit Kaur, Incharge of Women Grievance Cell, Anti-Sexual Harassment Committee, Dr. Gurcharan Singh, Programme Officer NSS, Mrs. Monika Kanwar, Incharge of Red Ribbon Club, Dr. Monika, member of anti sexual harassment committee, Mrs Pooja, member of Women Grievance Cell, Anti-Sexual Harassment Committee, and all the faculty members were present on this occasion.