

Yoga Activities 2023

International Yoga Day Event 2023 (dated 05.06.23 to 21.06.2023)

1. On Dated 05.06.2023 Our Institution Celebrated the World Environment Day Doing Herbal Plantation in The Herbal Garden in The Presence of Dr. Rakam Singh (Secretary), Mr. Narendra Kumar, (A.O.) Dr. Jitendra Sharma (Officiating Principal) & Other Staff & Faculty Members.
2. On Dated 06.06.2023 On The Occasion of World Environment Day, Our Institution Participating for Yoga in The Presence of Dr. Rakam Singh (Secretary), Mr. Narendra Kumar, (A.O.) Dr. Jitendra Sharma (Officiating Principal), Other Staff & Faculty Members
3. On Dated 07.06.2023 Awareness On Yoga Program Was Organised. 32 Staff Were Present. Dr. Vidya Rani Delivered Lecture. Nodal Officer Dr. Asheesh Thanks to All.
4. On Dated 08.06.2023 Our Institution Did Sweeping & Cleaning in The Campus and Irrigated Plants and Trees to Protect Environment by The Help of Dr. Rakam Singh (Secretary), Mr. Narendra Kumar, (A.O.) Dr. Jitendra Sharma (Officiating Principal), Other Staff, Faculty Members, P.G. Students and Interns.
5. On Dated 09.06.2023 Our Institution Did Herbal Plantation and Irrigation of the Trees in Herbal Garden of the College. This Was Done by The Interns, P.G. Scholars, Teaching Faculty and Other Non-Teaching Staff Collectively.
6. On Dated 10.06.2023 A Guest Lecture by Dr. C.B. Dhanraj (Dean P.G. Studies Patanjli Ayurvedic College, Hardware) On Topic ENVIRONMENT AND INTEGRATED RESEARCH ON HERBAL AYURVEDIC RESEARCH Was Delivered In The Presence Of All Faculty Members, P.G. Scholars And Internees
7. On Dated 12.06.2023 Dr. Diksha Thakur Delivered a Lecture On Topic ENVIRONMENTAL HAZARDS IN PRESENT SCENARIO in The Presence of the Principal, All Faculty Members, P.G. Scholars and Internees.
8. On dated 13.06.2023 Cleaning of The Campus, Pharmacy Area and Hospital Area Was Done Under SWACCAHATA ABHIYAN. The Principal, Of The College, All Faculty Members, P.G. Scholars and Internees Participated in The Event.
9. On Dated 14.06.2023 A Lecture On "Life Style" According to The Pollution Was Delivered by Intern Ashiyana Total 34 Staff, P.G. Scholars and Interns Were Present in The Event. Dr. Asheesh Kumar Nodal Officer Delivered Thanks to All the Participants
10. On Dated 15.06.2023 A Lecture On "Importance of Trees for Batter Environment" Was Delivered by Dr. Pradeep Kumar - Principal & Head Department of Dravyaguna. Total 26 Staff, P.G. Scholars and Interns Were Present in The Event.
11. On dated 16.06.2023 A " HERBAL TREE PLANTATION" Was Done in College Garden in Which Medicinal Plants Were Planted and Students Were Educated About Their Medicinal Effect by Dr. Pooja Under the Supervision of Prof. Sharon Prabhakar. Total 38 Staff, P.G. Scholars and Interns Were Present in The Event.
12. On dated 17.06.2023 A " SURYA NAMASKAR SESSION" Was Conducted in Which Students and Faculty Participated Under the Guidance of Mr. Shakti Singh, Yogacharya. Total 30 Staff, P.G. Scholars and Interns Were Present in The Event.
13. On dated 19.06.2023 A " VAJRASANA SESSION" Was Conducted in Which Students and Faculty Participated Under the Guidance of Mr. Shakti Singh, Yogacharya. Total 27 Staff, P.G. Scholars and Interns Were Present in The Event.
14. On dated 20.06.2023 A " MATSYASANA SESSION" Was Conducted in Which Students and Faculty Participated Under the Guidance of Mr. Shakti Singh, Yogacharya. Total 24 Staff, P.G. Scholars and Interns Were Present in The Event.
15. On 20th June 2023, Rally of YOGA was arranged from College to Village Belda, to increase the awareness among the villagers. Managing Committee, Students and Staff participated in the rally.
16. On dated 21.06.2023 A " YOGA SESSION" Was Conducted On 9th INTERNATIONAL YOGA DAY 2023 In Which Students and Faculty Participated Under the Guidance of Mr. Shakti Singh, Yogacharya. Total 30 Staff, P.G. Scholars and Interns Were Present in The Event.