

DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

Number of Sports Competitions Organized by the University

INDEX

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DIRECTOR
Deptt. of Sports and Phy. Edu.
SRM University Delhi-NCR,
Sonepat, Haryana-131029

SRM UNIVERSITY DELHI-NCR, SONEPAT

Established under Haryana Private Universities Act 2006 as amended by Act no.8 of 2013 and recognized by UGC u/s 2(f) of UGC Act, 1956
39, Rajiv Gandhi Education City, Delhi-NCR, Sonepat-131029, Haryana (India)
Tel: 0130-2203700-01 | Tollfree: 1800 180 1216 | Website: www.srmuniversity.ac.in

Certificates of participation for his/her participation in yoga practice at SRMUH, Sports Complex

YEAR	NAME OF STUDENT	EVENT	REG NO.	BRANCH
2023-24	AMAN	YOGA	2341327001	НМ
2023-24	AMAN KUMAR	YOGA	2341327002	НМ
2023-24	ANJALI PRAKASH	YOGA	2341327003	НМ
2023-24	APRITA	YOGA	2341327005	HM
2023-24	DEEPAK	YOGA	2341327006	НМ
2023-24	DEEPANSHU	YOGA	2341327007	НМ
2023-24	GARGI	YOGA	2341327008	НМ
2023-24	JAYANT	YOGA	2341327009	НМ
2023-24	KUSH MADAN	YOGA	2341327010	НМ
2023-24	MOHIT	YOGA	2341327012	НМ
2023-24	NITIN TYAGI	YOGA	2341327013	НМ
2023-24	PREM KUMAR	YOGA	2341327014	НМ
2023-24	PUSHPENDRA	YOGA	2341327015	НМ
2023-24	RAHUL	YOGA	2341327016	HM
2023-24	RITIKA	YOGA	2341327017	НМ
2023-24	SATYAM SINGH	YOGA	2341327018	НМ
2023-24	SHUBHAM	YOGA	2341327019	НМ
2023-24	SHWETA	YOGA	2341327020	НМ
2023-24	YASHVIR	YOGA	2341327022	HM
2023-24	NITYA	YOGA	2341327023	HM

					SR	M-IHI	VI SC	ONEPA	ΑT					
1.	st Semest	er of B.Sc in Ho	rige	tality	& H	otel A	dmi	ntratio	on (.	JNU)		Session	2023-2	4
	T		<u> </u>					y- Ravi			W	e.f-07-08	3-2023	
	1	ss Management-I) BHA 111	Aus	g.2023		0.2023		1.2023		ov-23	Tot			
	(F1) BHA III	Class	Class	Class	Class	Class	Class		Class	Cla		%age	
SI.No	Roll No.	Name	1	Attended		Attended 6	Held 6	Attended 4	Held 4	Attended 4	2		76.92	
1	2341327001	AMAN	8	-	-		-		4		2		76.92	
2	2341327002	AMAN KUMAR ,	8		-		-	4	-		2		84.62	
3	2341327003	ANJALI PRAKASH	8	8	8	4	6	-	-	-				
4	2341327005	ARPITA	8	6	8	6	6	4	4		2		76.92	
5	2341327006	DEEPAK	8	8	8	4	6	4	4	4	2		76.92	
6	2341327007	DEEPANSHU	8	6	8	4	6	6	4	4	2		76.92	
7	2341327008	GARGI	8	8	8	6	6	4	4	4	2	6 22	84.62	
8	2341327009	JAYANT	8	6	8	6	6	4	4	4	2	6 20	76.92	
	2341327010	KUSH MADAN	8	6	8	6	6	4	4	4	2	6 20	76.92	
	2341327012	моніт	8	8	8	6	6	4	4	4	2	6 22	84.62	
	2341327013	NITIN TYAGI	8	8	8	4	6	4	4	4	2	6 20	76.92	
12	2241227014	PREM KUMAR CHAUHAN	8			6	6	4	4	4	2	6 20	76.92	
	2341327015	PUSHPENDRA SAINI	8	8	8	4	6	6	4	4	2	5 22	84.62	
	2341327016	RAHUL	8	6	8	6	6	4	4	4	2	6 20	76.92	
	2341327017	RITIKA	8	-	8	6	6	4	4	4	2	6 20	76.92	
	2341327018	SATYAM SINGH	8	-	1	-	-	4	4	4	2	6 20	76.92	
		SHUBHAM	8	-	1	-	1	4	4	4	2	6 20	76.92	
	2341327019		8	-	-	-	-	-	-	-		6 20	76.92	
	2341327020	SHWETA	-	-	-	-	+	-	-	-		6 20	76.92	
	2341327022	YASHVIR NITYA NANDWANI	8	-	1	-	+	-	-				-	
20	2341327023	INITIA NANDITANI	+			Á.	1	1		1				
						1- N	b					Λ		

VERIFIED BY:

Deptt. of Sports and Phy Edu.
SRM University
Sonepat, Hary

SRM-IHM SONEPAT

				_											$\overline{}$	
	2nd Sei	mester of B.Sc in Hos	pita	lity &	Hot	el Adr	nint	ration	(JN	IU)		Session:2023-24				
	Yoga	& Stress Management	N	lame o	fthe	facult	y- D	r. Ravi	Sharma W.e.f-08-01-2024							
	Toga	(BHA212 P)	Jai	1.2024	Fel	b.2024	Mar	ch.2024	pril/	May202		Total	Total Class			
61.11	Roll No.	Name		Glass Attended	Class	10.000	1		1	Class Attended		Held	Attended	%age		
	THOM THE	AMAN	6		8	6		6	1			30	24		80	

	V	9 Street Management	N	lame of	fthe	faculty	v- D	r. Ravi	Sha	rma	V	v.e.T-	18-01-20	24
	Yoga	& Stress Management (BHA212 P)	-	.2024	T	0.2024			_	May202		Total	Total	
		1	Class		Class	Class		Class	1	Class		Class	Class	
SI.No	Roll No.	Name			Held	Attended	Held	Attended	Held	Attended		Held	Attended	%age
1	2341327001	AMAN	6	4	8	6	6	6	10	8		30	24	. 8
2	2341327002	AMAN KUMAR	6	4	8	6	6	6	10	8		30	24	8
3	2341327003	ANJALI PRAKASH	6	4	8	8	6	6	10	8		30	26	86.66666
4	2341327005	ARPITA	6	4	8	8	6	6	10	6		30	24	8
5	2341327006	DEEPAK	6	4	8	6	6	6	10	8		30	24	8
6	2341327007	DEEPANSHU	6	4	8	8	6	4	10	8		30	24	8
7	2341327008	GARGI	6	6	8	6	6	6	10	6		30	24	8
8	2341327009	JAYANT	6	4	8	6	6	4	10	10		30	24	8
9	2341327010	KUSH MADAN	6	6	8	8	6	6	10	4		30	24	8
10	2341327012	моніт	6	6	8	8	6	6	10	4		30	24	8
11		NITIN TYAGI	6	4	8	6	6	6	10	8		30	24	8
12	2341327014	PREM KUMAR CHAUHAN	6	4	8	6	6	6	10	8		30	24	8
17 - 17 - 17 - 17 - 17 - 17 - 17 - 17 -	2341327015	PUSHPENDRA SAINI	6	6	8	8	6	6	10	10		30	30	10
	2341327016	RAHUL	6	4	8	8	6	4	10	8		30	24	8
	2341327017	RITIKA	6	6	8	6	6	4	10	8		30	24	8
	2341327018	SATYAM SINGH	6	4	8	6	6	6	10	8		30	24	8
	2341327019	SHUBHAM	6	4	8	8	6	4	10	10		30	26	86.6666
	2341327020	SHWETA	6	4	8	8	6	4	10	8		30	24	8
	2341327022	YASHVIR	6	4	8	6	6	6	10	8		30	24	8
	2341327023	NITYA NANDWANI	6	4	8	6	6	6	10	8		30	24	8

VERIFIED BY:



OF PARTICIPATION

This Certificate is Proudly Presented to

AMAN, HM, 2341327001

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

AMAN KUMAR, HM, 2341327002

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
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SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR



OF PARTICIPATION

This Certificate is Proudly Presented to

KUSH MADAN ,HM, 2341327010

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR
Deptt. of Sport
SRM Unit
Sonepa



OF PARTICIPATION

This Certificate is Proudly Presented to

MOHIT, HM, 2341327012

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15&16 May 2024

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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

NITIN TYAGI ,HM, 2341327013

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SRMUH, Sports Department
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DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

PREM KUMAR, HM, 2341327014

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15&16 May 2024

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Pradeep Paliwal Director, Sports



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This Certificate is Proudly Presented to

PUSHPENDRA ,HM, 2341327015

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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

RAHUL, HM, 2341327016

For his/her active participation in Yoga Practice
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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

RITIKA, HM, 2341327017

For his/her active participation in Yoga Practice
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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

SATYAM SINGH,HM, 2341327018

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DATE

Pradeep Paliwal Director, Sports

DIRECTOR



OF PARTICIPATION

This Certificate is Proudly Presented to

SHUBHAM ,HM, 2341327019

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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

SHWETA,HM, 2341327020

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DATE

Pradeep Paliwal

Director, Sports

Deptt. of Sports and Phy. Edu SRM University Delhi-Nos Sonepat, Haryana 199





OF PARTICIPATION

This Certificate is Proudly Presented to

YASHVIR,HM, 2341327022

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
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DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

NITYA NANDWANI ,HM, 2341327023

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradéep Paliwal Director, Sports

DIRECTOR
Deptt. of Sports and Phy. Edu.
SRM University Delbi No.

Yoga Training Camps

On 15 & 16 May, 2024, SRM University's Sports Department conducted Yoga Training Camps at multiple schools:

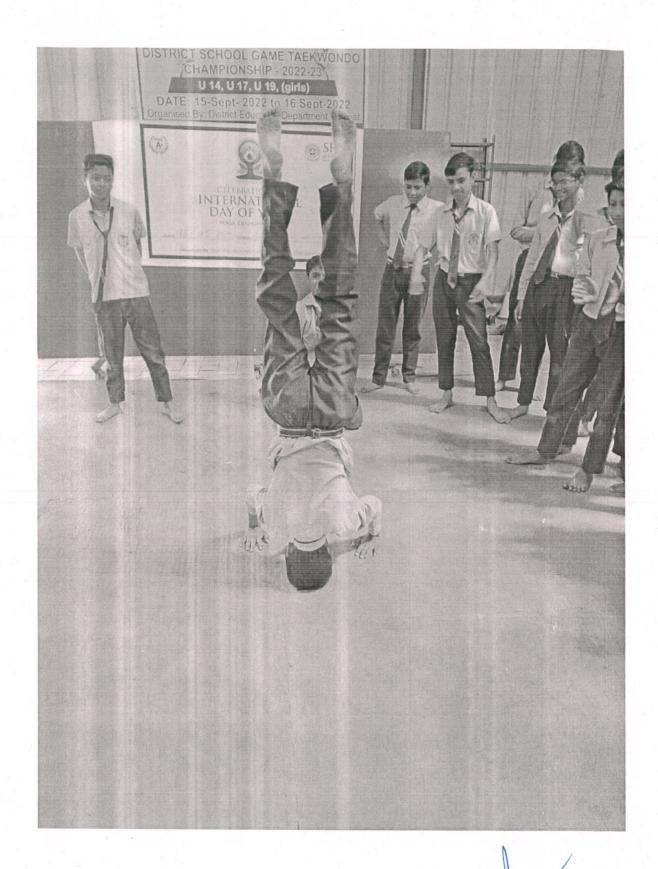
Govt. Sr. Sec. School Rai, Saraswati Senior Secondary School Asawarpur, Vandana Senior Secondary School Jakhouli, and Govt. Girls Senior Secondary School Jakhouli.

These camps aimed to promote physical and mental well-being among students through various yoga sessions and workshops. The initiative provided students with an opportunity to learn and practice different yoga asanas and breathing techniques, emphasizing the importance of a healthy lifestyle. This program was part of SRM University's efforts to enhance community health awareness and support the holistic development of students.





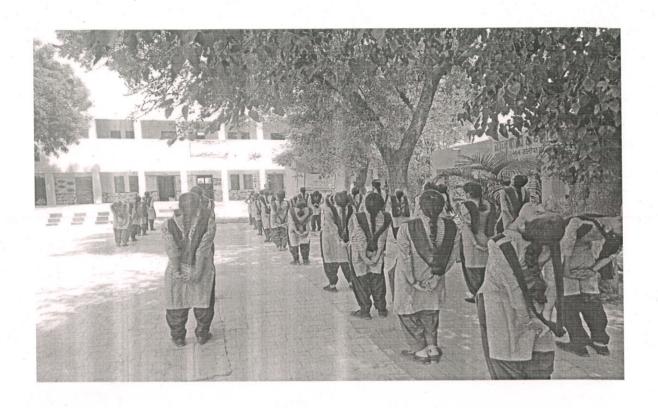














Yoga Camp Organized by SRM University Sports Department

Event: Yoga Camp

Date: 08th & 10 June 2024

Organizer: SRM University Sports Department

Instructors: Dr. Ravi Kumar (Yoga Instructor) with Ayush Department

Overview

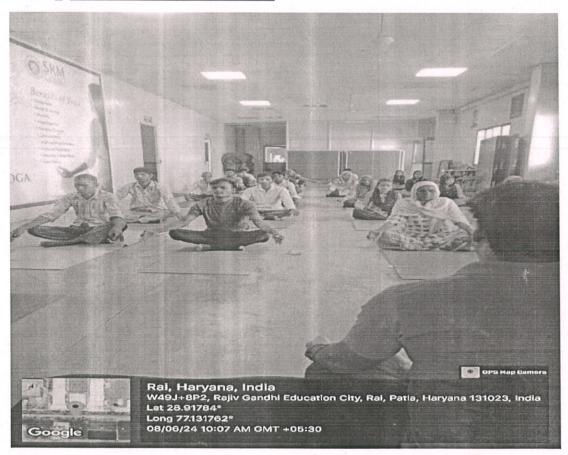
SRM University Sports Department conducted a yoga camp with the expertise of Dr. Ravi Kumar and the support of instructors (Sangeeta, Sarita, and Sunil & Pardeep) from Ayush Department. The camp aimed to promote physical, mental well-being & enhanced awareness of yoga's benefits.

Activities.

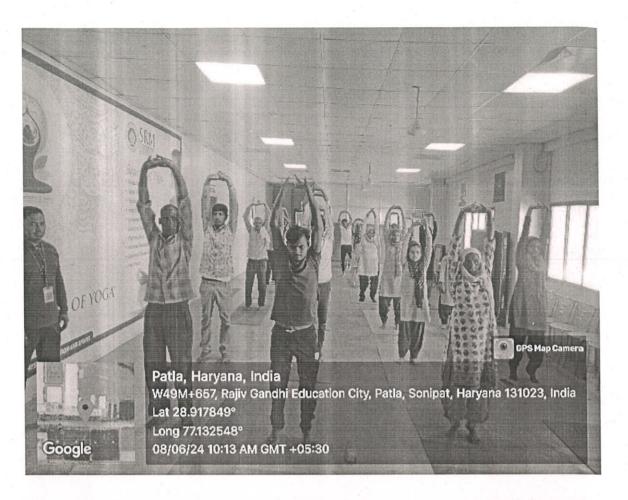
Participation

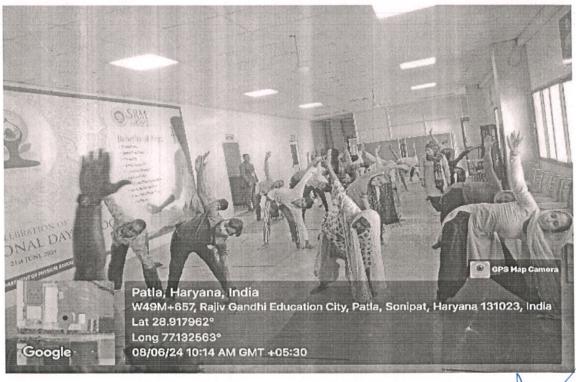
The camp witnessed active participation from university staff members and students.

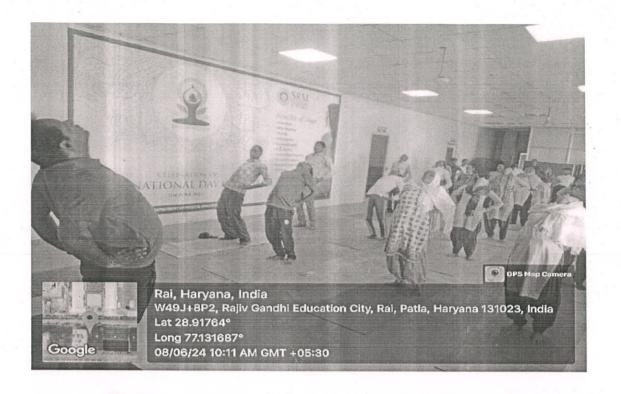
❖ 8[™] JUNE 2024 YOGA TRAINING CAMP



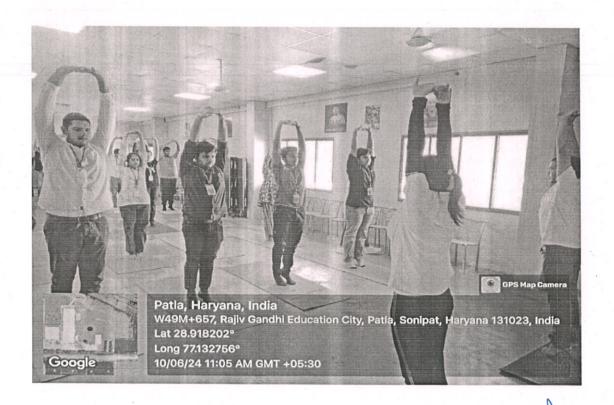


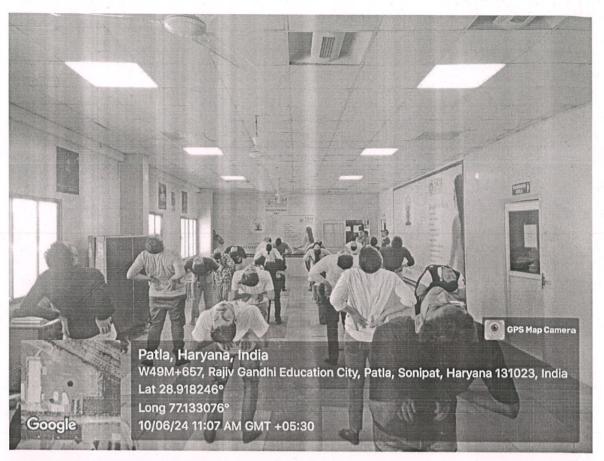


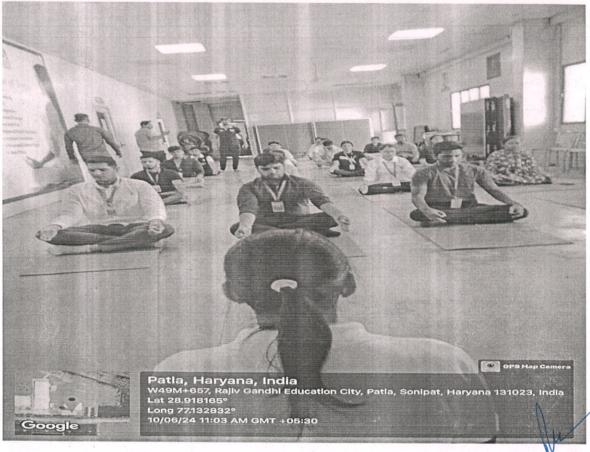




❖ 10th June 2024 YOGA TRAINING CAMP

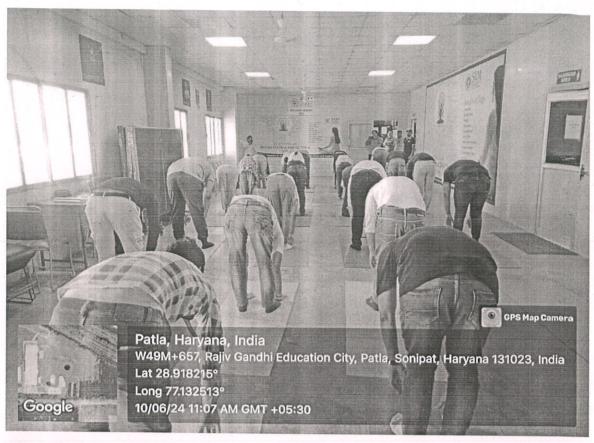


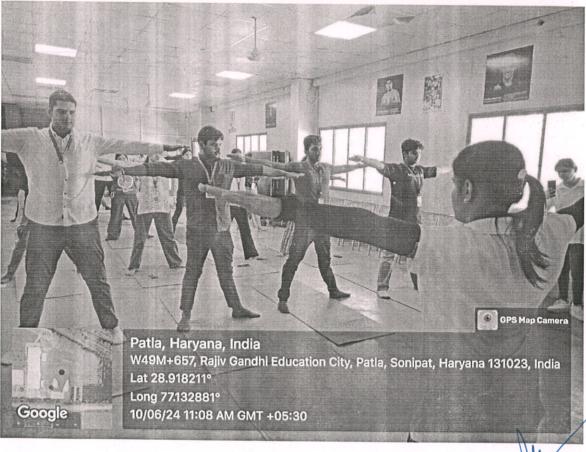




DIRECTOR

Deptt. of Sports and Phy. Edu.
SRM University Delhi-NCR,
Sonepat, Haryana-131029





DIRECTOR
Deptt. of Sports and Phy. Edu.
SRM University Delhi-NCR,
Sonepat, Haryana-131029

Certificates of participation for his/her participation in yoga Training camps, SRMUH,

YEAR	NAME OF STUDENT	EVENT
2023-24	SUSMIT PUNIYA	YOGA
2023-24	ADITYA SINGH	YOGA
2023-24	TEJAS SHARMA	YOGA
2023-24	ANKITA VERMA	YOGA
2023-24	AMRITA JOSHI	YOGA
2023-24	RAJESH KUMAR	YOGA
2023-24	DEEPALI CHAUHAN	YOGA
2023-24	PANKAJ GUPTA	YOGA
2023-24	SAURAV SAINI	YOGA
2023-24	SOHAM SETH	YOGA
2023-24	ARUN VERMA	YOGA
2023-24	RAJVEER SINGH	YOGA
2023-24	KOMAL KEDLA	YOGA
2023-24	ANKIT TIWARI	YOGA
2023-24	VAISHNAVI SHARMA	YOGA
2023-24	ATHARV AGGARWAL	YOGA
2023-24	VIKAS GARG	YOGA
2023-24	JAGDEV	YOGA
2023-24	SHUBHAM	YOGA
2023-24	PALLAVI BENIWAL	YOGA
2023-24	RASHMI BISHT	YOGA
2023-24	PREETY SUDHA	YOGA
2023-24	SHARAD RAWAT	YOGA
2023-24	RISHI GUPAT	YOGA

YEAR	NAME OF STUDENT	EVENT
2023-24	AMIT RAJPUT	YOGA
2023-24	RAHUL PANCHAL	YOGA
2023-24	NITYA GUPTA	YOGA
2023-24	DEEANSHU GOYAL	YOGA
2023-24	AJAY SINGH	YOGA
2023-24	JAYANT PAL	YOGA
2023-24	ARIPTA	YOGA
2023-24	ANJALI	YOGA
2023-24	HARPREET KUAR	YOGA
2023-24	NEHA SHARMA	YOGA
2023-24	RITIKA KHILNANI	YOGA
2023-24	SURESH POKHRIYAL	YOGA
2023-24	SATYAM MISHRA	YOGA
2023-24	GARGI MALIK	YOGA
2023-24	MANDHIR SANDHU	YOGA
2023-24	MANU ARORA	YOGA
2023-24	PREM KUMAR	YOGA
2023-24	ANIL THAKUR	YOGA
2023-24	RAJEEV SHREVASTAV	YOGA
2023-24	KAMAL VASHISHTH	YOGA
2023-24	NANAK SINGH	YOGA
2023-24	KASHISH PREET	YOGA
2023-24	HARISH JUNEJA	YOGA
2023-24	ALOK JAIN	YOGA

YEAR	NAME OF STUDENT	EVENT
2023-24	CHIRAG	YOGA
2023-24	SUSHIL GUPAT	YOGA
2023-24	SHEREYA	YOGA



OF PARTICIPATION

This Certificate is Proudly Presented to

SUMIT PUNIYA

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
May, June 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR



OF PARTICIPATION

This Certificate is Proudly Presented to

ADITYA SINGH

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

MOVIE TANWAR

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
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May, June 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

ANJALI PRAKASH, HM, 2341327003

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

ARPITA ,HM, 2341327005

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

DEEPAK, HM, 2341327006

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR

Deptt. of Sports and Phy File

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Sonepat, Heritage



OF PARTICIPATION

This Certificate is Proudly Presented to

DEEPANSHU,HM, 2341327007

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR

Deptt. of Sports and Phy. Edu.

SRM University Delisions

Sonepat, H



OF PARTICIPATION

This Certificate is Proudly Presented to

GARGI,HM, 2341327008

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
SEP 2023, MAY 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

JAYANT, HM, 2341327009

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
from
SEP 2023, MAY 2024

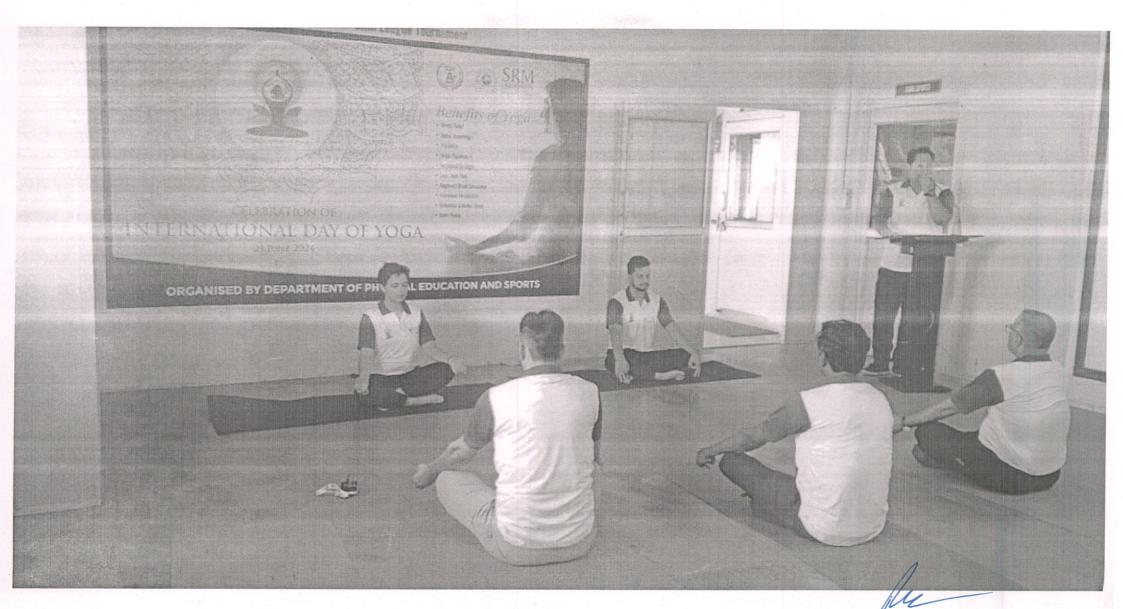
15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR

Deptt. of Sports and Phy End
SRM University ProSonepat, Ho



DIRECTOR
Deptt. of Sports and Phy. Edu.
SRM University Della Mon.
College I.



DIRECTOR
Deptt. of Sports and Phy. Edu.
SRM.University Dell's More
Sonepat, Har, and 12







OF PARTICIPATION

This Certificate is Proudly Presented to

RAHUL PANCHAL

For his/her active participation in Yoga Practice
Organised by
SRMUH, Sports Department
from
May, June 2024

15&16 May 2024

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Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

NITYA GUPTA

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May, June 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR



OF PARTICIPATION

This Certificate is Proudly Presented to

DEEPANSHU GOYAL

For his/her active participation in Yoga Practice
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SRMUH, Sports Department
from
May, June 2024

15&16 May 2024

DATE

Pradeep Paliwal Director, Sports

DIRECTOR



OF PARTICIPATION

This Certificate is Proudly Presented to

AJAY SINGH

For his/her active participation in Yoga Practice
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15&16 May 2024

DATE

Pradeep Paliwal Director, Sports



OF PARTICIPATION

This Certificate is Proudly Presented to

JAYANT PAL

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OF PARTICIPATION

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OF PARTICIPATION

This Certificate is Proudly Presented to

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OF PARTICIPATION

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NEHA SHARMA

For his/her active participation in Yoga Practice
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Pradeep Paliwal Director, Sports

DIRECTOR



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RITIKA KHILNANI

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SATYAM MISHRA

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> Deptt. of Sports and Phy. Edu SRM Univers of Taring More, Sonepat, Haryana-1310



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Report on International Yoga Day Celebration

Event: International Yoga Day

Date: 21st June 2024 Venue: Sports Complex

The Sports Department celebrated International Yoga Day on the 21st of June, 2024 held at sports complex of SRM University with great enthusiasm and participation. The event was directed by esteemed Yoga Instructor Mr Ravi Kant Sharma, who guided the session with his expert knowledge and experience in yoga.

The event was graced by the presence of Prof. Samuel Raj (Dean of Academics & Registrar), along with faculty, Staff members and students. Their participation added to the significance of the day, highlighting the importance of yoga in maintaining physical and mental well-being.

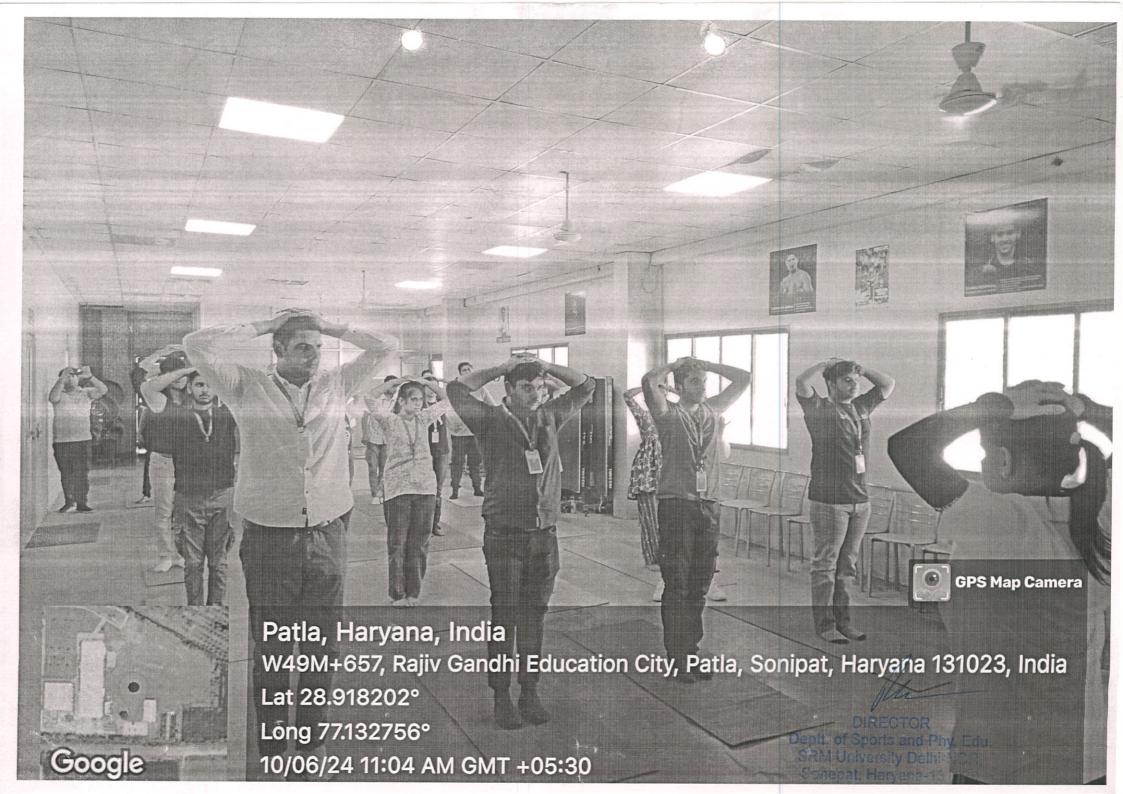
- The event commenced with a brief introduction to International Yoga Day and its significance.
- Prof. Samuel Raj Dean of Academics & Registrar addressed the participants, emphasizing the importance of yoga into daily routines for a healthier lifestyle.
- Under the direction of Mr Ravi Kant Sharma, participants were guided through various yoga asanas and breathing exercises.
- The event received positive feedback from all participants, with many expressing a desire for regular yoga sessions.
- The presence of senior faculty, staff and Students motivated the participants and highlighted the institution's commitment to promoting holistic well-being.

Conclusion:

The celebration of International Yoga Day was a resounding success, fostering a sense of community and well-being among participants. The Sports Department plans to organize more such events in the future to continue promoting a healthy and balanced lifestyle.









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