

Action Taken Report on Celebration of International Yoga Day

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Head PMB

3:58 PM (6 minutes ago)

to me

Dear Sir:

This is with reference to your email dated June 18, 2019 concerning celebration of International Day of Yoga June 21, 2019 and action Taken Report. In our Department the International Yoga Day was celebrated with great enthusiasm. The following activities were undertaken:

1. Screening of video on Yoga displaying history, types and schools of Yoga
2. Some students demonstrated many stress relief exercises, specially related to neck and shoulder.
3. Lecture and live demonstration on meditation.

Please find a PowerPoint Presentation concerning celebration of International Yoga Day as an attachment.

With best wishes:

Professor Paramjit Khurana
Head of the Department

DEPARTMENT OF PLANT MOLECULAR BIOLOGY

5th INTERNATIONAL YOGA DAY - 2019

