



Department of Punjabi

10:43 AM (52 minutes ago)

to me

ACTION TAKEN REPORT

With reference to above mail, a session of Yoga has been organized by the Department of Punjabi on the occasion of International Yoga Day. In the morning departmental faculty and students were participated in the yoga class organized by the H.o.D. of the Department. At 9:00 am department organized special lecture on “Importance of Yoga in Human Life” which was delivered by Dr. Jaspal Kaur. We displayed a Video about the importance and benefits of Yoga in day to day life. Photographs are attached.

Regards

Dr. Jaspal Kaur

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