

Action Taken Report of Departments

S.No	Name of the Department	Location	Programmes Held	Whether all activities with Audio/Video/Photographs have been uploaded and information send to NIC Director
1	Arabic	Department	Teachers, Students and non-teaching staff participated in Yoga	Yes
2	Anthropology	Department	Workshop on “Yoga and Nation Building : An Anthropological perspective” on 21 June,2017	Yes
3	Commerce	Department	<ol style="list-style-type: none"> 1. Prayer 2. Loosening Practices 3. Yogasanas 4. Pledge 	Yes
4	East Asian Studies	Department	<ol style="list-style-type: none"> 1. Head of the Department delivered a lecture on benefits of yoga 2. Common Yoga Protocol Video was screened 3. Slogans an Importance of Yoga were displayed 4. Yogasans were performed by all. 	Yes
5	Education	Department	Demonstration and participation in Yoga	Yes
6	Financial Studies	Department	Demonstration and participation in : <ol style="list-style-type: none"> 1. Breathing Exercise like Pranayam (Kalapalbhati, anulomvilom, Bhastrik and Bharamari) 2. Yogasansas like Surya namaskar, tadasana, vrikshasana, adha mukho savasana, trikonasana, naukasana, bhujangasana 	Yes

7	Geology	Department	Demonstration and participation in Yoga	Yes
8.	Law	Umang Bhawan, New Building of Law Faculty	Teacher, Non-teaching staff, library staff and students of all the three Law Centres participated in Yoga	Yes
9	Persian	Department	<ol style="list-style-type: none"> 1. Talk on the benefits of Yoga in our daily life to the students and participants 2. Discussion on the importance of Yoga 	Yes
10	Punjabi	Department	Displayed a video about the importance and benefits of Yoga	Yes
11	Psychology	Department	Participation in Yoga	Yes
12	Urdu	Department	<ol style="list-style-type: none"> 1. Talk on the benefits of Yoga in our daily life to the students and participants 2. Discussion on the importance of Yoga 	Yes
13	National Service Scheme (NSS)		<ol style="list-style-type: none"> 1. Yoga Demonstration and participation 2. Rhythmic Yoga 3. Lecture on Yoga (in colleges) 	Yes
14.	Gandhi Bhawan		<ol style="list-style-type: none"> 1. Yoga Demonstration and participation 2. Rhythmic Yoga 3. Talk on Yoga 	Yes