

YOGA CLUB

GOVERNMENT PG COLLEGE, SOLAN

ANNUAL REPORT FOR SESSION 2023-2024

CONVENER OF YOGA CLUB

DR. GHAN SHYAM SONI

MEMBERS OF YOGA CLUB

PROF. NITIKA

PROF. SACHINA

MS. SUKRITI CHATURVEDI

AMBASSADOR OF BOYS

MR. OJES

AMBASSADOR OF GIRLS

MS. ANSHIKA

1. Date : 21 June 2023 On the occasion of International Yoga day, members of yoga club of G.C. Solan Performed various Yoga Poses along with NSS & NCC Clubs of G.C. Solan



2. Date: 19 September 2023: Yoga Club of G.C. Solan Organized a One day Training Programme on Yoga, Meditation and Art of Living. On this day Two yoga tutors Ms. Prabha and MS. Shagun were invited as the resource person.



3. Date: 13 Feb 2024 to 19 Feb 2024: Yoga Club Along with NSS unit of G.C. Solan performed Yoga early in the morning for a better life style. Yoga club Also Awarared the NSS Volunteers about the benefits of yoga asans.



4. Date: 13 Feb 2024 to 19 Feb 2024: Yoga Club Along with NSS unit of G.C. Solan participated in Art of Living Lecture given by Prof Pramod.



5. 3 March 2024 : Yoga Club Of G.C. Solan Organized a Yoga Poses Competition in which about 20 Club Members took part. Chief Guest of this occasion was Yoga trainer Minakshi. Sahil from B.A. 1st year secured first position followed by Manju who secured 2nd position and Kajal & Ruchi who secured 3rd position in this competition.



6. 5 March 2024: Yoga Club Of G.C. Solan Performed Yoga Poses on the Occasion of International Women Day. About 8 Members of the club along with yoga trainer Meenakshi participated in this event.

