

Report

Department of Philosophy in collaboration with Department of Physical Education and NCC Unit organized the practical session of Yoga for two days 20- 21 June,2022 and lectures of eminent scholars on date 20, June ,2022. The theme was ‘Relevance of Physical and Mental Health among Youth’ and the main guests were Dr. Damanjit Sandhu, Professor, Deptt. Of Psychology, Punjabi University, Patiala, Dr. B.B. Yadav, D.A.V. College, Head, Deptt. Of Physical Education, Asr. and Mrs. Nita, Member of Patanjali Yogapeeth, Haridwar, Mrs. Ankita, Principal, Atam Public School, Amritsar and senior teachers of Hindu Sabha School. The practical session was done by Smt. Nita and she also taught different asanas and pranayama for healthy mind. The two lectures of eminent scholars Prof. Damanjit Sandhu and Prof. B.B. Yadav were there. Prof. Damanjit Sandhu talked about Mental Health and told about different strategies to maintain mental health among Youth. Dr. B.B. Yadav discussed about physical health and emphasized on doing asanas in practical life. He also told to students that healthy mind lives in healthy body.

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Attendance

S.No.	Student's Name	Class	Signature
1.	Amisha Kapahi	BA III	Amisha
2.	Jasun	BA III	Jasun
3.	Mohit	BA III	Mohit +
4.	Manpreet Kaur Chaudha	BA III	Manpreet
5.	Suraj	BA III	Suraj
6.	Rahul	BA III	Rahul.
7.	Deepika	BA III	Deepika
8.	Chetan Bhatla	BA III	Chetan
9.	Amandeep Kaur	BA III	Amandeep.
10.	Anjali	BA III	Anjali
11.	Isha	BA III	Isha
12.	Saarthak Sharma	BA III	Saarthak.
13.	Parth Pathania	BA III	Parth
14.	Mohit Shori	BA III	Mohit
15.	Manish Shori	BA III	Manish
16.	Sahil Sethi	BA III	Sahil
17.	Rupinder Kaur	BA III	Rupinder.
18.	Himanshu Sharma	BA III	Himanshu
19.	Mehak Mahajan	BA III	Mehak.
20.	Linky Rajak	BA III	Linky
21.	Rahul Saxena	BA III	Rahul.
22.	Vikas Kumar	BA III	Vikas.
23.	Kleandeep Kaur	BA III	Kleandeep.

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S.No	Student's Name	Class	Signature
24.	Aanam Sandhu	BA III	Anam
25.	Manav Joshi	BA III	Manav Joshi
26.	Sukhpreet Kaur	BA III	Sukhpreet
27.	Seiyanka Pal	BA III	Seiyanka
28.	Ankita Bisht	BA III	Ankita
29.	Sujal	BA III	Sujal
30.	Rohit Deep Singh	BA III	Rohit
31.	Gurpreet Singh	BA III	Gurpreet
32.	Vanshika	BA III	Vanshika
33.	Vivek	BA III	Vivek
34.	Komal	BA III	Komal
35.	Prakash Joshi	BA III	Prakash
36.	Rohan Bhatti	BA III	Rohan
37.	Kunal Kanofla	BA V	Kunal
38.	Komal Devi	BA V	Komal
39.	Uday Sharma	BA V	Uday Sharma
40.	Kashish Arora	BA V	Kashish
41.	Karan Verma	BA V	Karan
42.	Janya Bawa	BA V	Janya
43.	Payal	BA V	Payal
45.	Tyoti	BA V	Tyoti
46.	Harion Khanna	BA V	Harion Khanna

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