

**Additional Information on 4.1.2 Sports**

<b>Sr.No.</b>	<b>Document</b>	<b>Page No.</b>
<b>1</b>	<b>National Webinar – Physical and Mental Performance Enhancement During Lockdown</b>	<b>2</b>
<b>2</b>	<b>Online Yoga Competition</b>	<b>3</b>
<b>3</b>	<b>Webinar – Yoga : A Way of Life</b>	<b>4</b>
<b>4</b>	<b>Online Certificate Course - Holistic Fitness and Wellness Learning</b>	<b>5</b>
<b>5</b>	<b>Live Yoga Session on International Yoga Day</b>	<b>6</b>

## YOGA ACTIVITIES AND INITIATIVES BY THE COLLEGE



**SRI GURU NANAK DEV KHALSA COLLEGE**  
(UNIVERSITY OF DELHI)



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

INVITES YOU IN A

**"NATIONAL WEBINAR"**

on

**PHYSICAL & MENTAL PERFORMANCE ENHANCEMENT DURING LOCKDOWN**



**10.06.2020**



**11:00AM**



**Google meet**

Register on : <https://qr.go.page.link/d3J3N>

E-Certificates will be provided to the participants

### GUEST SPEAKERS



**Prof. Rajeev Choudhary**

(PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR)

TOPIC: Strengthening Immunity  
through Physical Activity

TIME- 12:00PM



**Dr. Vikram Singh**

(JNU, NEW DELHI)

TOPIC: Psychology of Health &  
Fitness Enhancement

TIME- 11:00AM



**Prof. Arvind Malik**

(KURUKSHETRA UNIVERSITY)

TOPIC: Improving Immunity  
Through Herbs

TIME- 01:00PM

**Dr. Rajwant Singh**

Organizing Secretary

**Dr. Inderpreet Singh**

Convenor, Sports

**Dr. Gurmohinder Singh**

OFTG. Principal, SGNDKC

**Parth Arora**

STUDENT COORDINATORS  
**Abhishek Sharma**

**Rishabh Modi**



# SRI GURU NANAK DEV KHALSA COLLEGE UNIVERSITY OF DELHI



OORJA - THE SPORTS SOCIETY IN  
COLLABORATION WITH IQAC  
**CONDUCTS**

## ONLINE YOGA COMPETITION



1 & 2 June, 2020



8: 00 AM

**ATTRACTIVE PRIZES**

Scan to register



Dr. Rajwant Singh  
Organizing Secretary

Dr. Inderpreet Singh  
Convenor, Sports

Dr. Deepak Sharma  
Convenor, IQAC

Dr. Gurmohinder Singh  
OFTG. Principal, SGNDKC

**For Queries Contact:**

**Bharat- 7678389220**

**Shashi- 9582243628**

**Abhishek- 7011705732**





**SRI GURU NANAK DEV KHALSA COLLEGE**  
**UNIVERSITY OF DELHI**

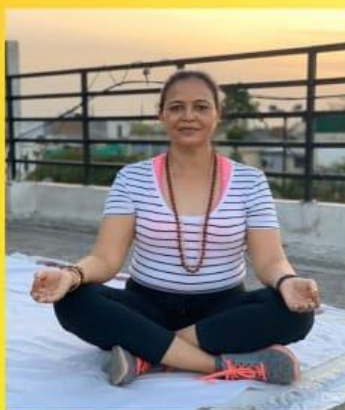


**"NSS UNIT"**  
**IN COLLABORATION WITH**  
**"STUDENTS WELFARE COMMITTEE"**

*presents*

**YOGA : A WAY OF LIFE**

**"BENEFIT OF STILLNESS AND CULTIVATING PEACE"**



**DR URMILA GROH**

- ☒ REIKI GRAND MASTER  
(GOLD MEDALIST)
- ☒ HOLISTIC THERAPIST

**DATE :- 2ND MARCH, 2021, TIME :- 04:00 PM, VENUE :- GOOGLE MEET**

**DR DEEPMALA**  
(NSS PROGRAMME OFFICER  
&  
CONVENOR:- STUDENTS  
WELFARE COMMITTEE)

**FOR ANY QUERY :-**  
**KHUSHI :- 9582746797**  
**SAHIL :- 9996805875**

**DR SAVILATA YADAV**  
(TECHNICAL  
COORDINATOR)

**DR GURMOHINDER  
SINGH**  
(OFTG.  
PRINCIPAL)

# Short Term Online Certificate Course

on

## Holistic Fitness and Wellness Learning

a joint initiative of

**IQAC and Department of Physical Education**



**MATA SUNDRI COLLEGE FOR WOMEN**

(University of Delhi)

and



**SRI GURU NANAK DEV KHALSA COLLEGE**

(University of Delhi)

*The course has been designed with the aim of Impairing knowledge about Physical Fitness, Personality Grooming and Dietary habits.*

Course Duration - 30 Hours

Fees - INR 300

Course Commencement - 01 March, 2021

For more information contact  
undersigned -

9911186499, 9643465763

**Registration Link - <https://forms.gle/CfsdY4i5jjg44WRi7>**

**Payment link -**

**<https://www.payumoney.com/paybypayumoney/#/430F066648975D1EA0D55F4FE317F30C>**

**MSCW, (DU)**

**Prof. Harpreet kaur**

**Principal**

.....

**MS. Charanjeet kaur**

**TIC, Phy.Edu. & Sports Sciences**

.....

**Dr. Lokesh Kumar Gupta.**

**Coordinator-IQAC**

.....



**YouTube**



**SGNDKC, (DU)**

**Dr. Gurmohinder Singh**

**Principal**

.....

**Dr I. P. SINGH**

**Convenor, Sports Committee**

.....

**Dr. Rajwant Singh**

**TIC, Phy. Edu. & Sports Sciences**

.....

**Dr. Neeta Dhingra**

**Coordinator - IQAC**





**Sri Guru Nanak Dev Khalsa College**  
(University of Delhi)



**National Service Scheme**

**Presents**



**Live Yoga Session**



**On the occasion of**

**INTERNATIONAL YOGA DAY**



**Mr. Shivraj Singh  
Shekhawat**

**(Yoga Instructor)  
MSc in Yoga**

**For queries contact :**

**Sahil Malik (9996805875)**

**Parvinder Kaur (9876943978)**

**Date : 21st June, 2021**

**Time : 4:30 Pm**

**Venue : Google Meet**

**Prof. Gurmohinder Singh**  
(Oftg. Principal)

**Dr. Deepmala**  
(NSS Programme Officer)

**Dr. Savilata Yadav**  
(Coordinator)