

Organized lecture on Meditation through Yoga & Music

Date : 21-06-2019

No. of Participants : 120

Lecture on meditation through yoga and music was organized on 21/06/2019 to mark International Yoga Day. The volunteers learnt various methods of practising yoga. They also learnt mediation through yoga and music.

Glimpse of the Event :



Caption : Principal Dr. Dharminer Singh Ubha, Dr. Jagjit Singh (H.O.D Department of Music Vocal)

and Dr. Gursharan Singh Gill (H.O.D Department of Physical Education)

addressing the students.