



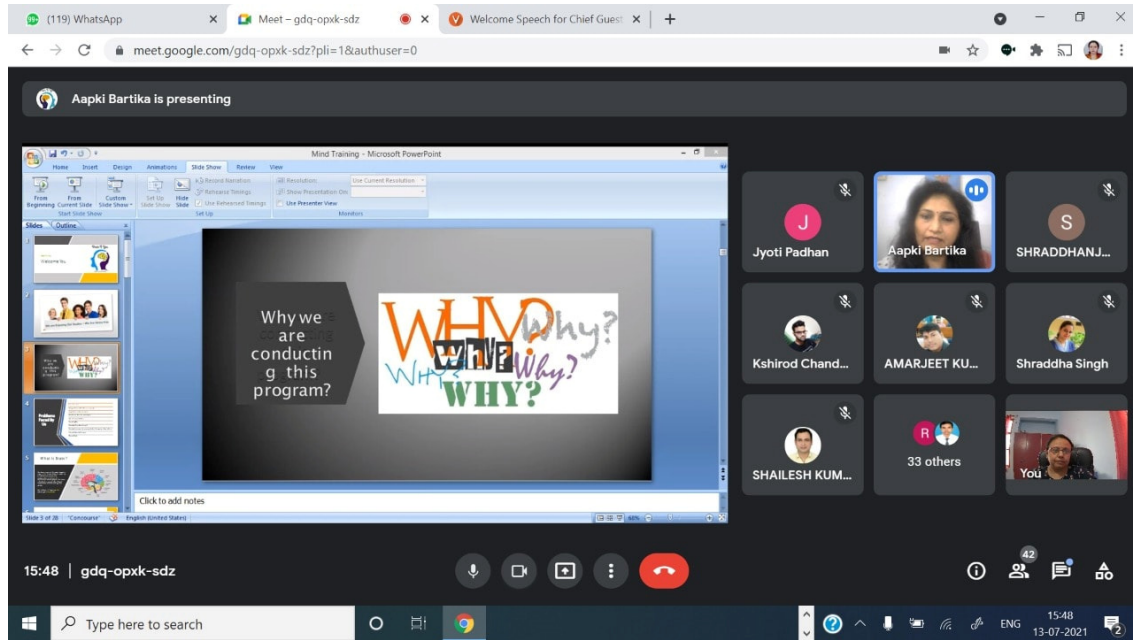
## REPORT ON EXTENTION ACTIVITY

### “YOGA AND STRESS FREE LIFE”

Department of Education

Date of Event : 13/7/21

Venue : online mode through googlemeet -gdq-opxk-sdz



### Details of Event Proceedings

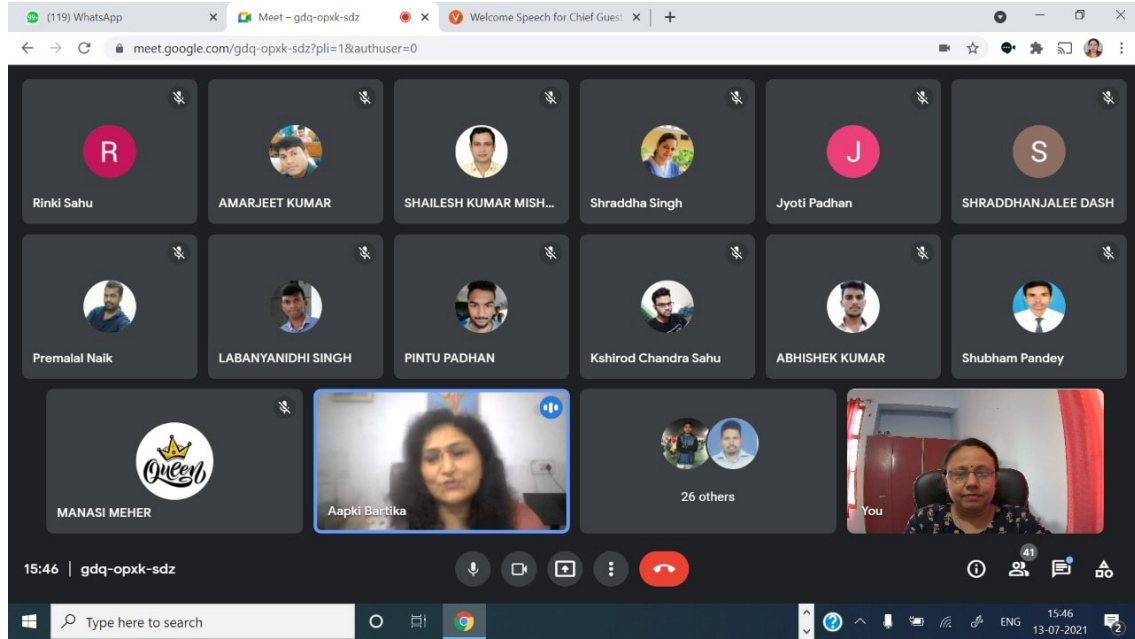
Date (DD-MM-YYYY)	Details of the Session	Details of Resource Person	Number of Participants
14-07-21	WELCOME AND INTRODUCTION OF THE RESOURSE PERSON	DR.RAJESHWARI GARG	42



14-07-21	PRESENTATION OF THE RESOURCE PERSON	MS.BARTIKA SHARMA MIND COACH AND TRAINER	42
14-07-21	INTERACTION SESSION	MS, BARTIKA SHARMA WITH STUDENTS	42
14-07-21	VOTE OF THANKS	MS.SHRADDHA SINGH	42

**A Brief Abstract of the Event (Maximum 500 Words):**

Department Of Education Conducted A Online Session On "Yoga & Stress Free Life" For Fourth Semester Students Of B.Ed On 13/07/21 Through Online Platform Google meet. At The Beginning Of The Session Cultural Coordinator Dr.Rajeshwari Garg Welcomed The Special Guest And Give Her Brief Introduction To The Students. Programme Expert Ms.Bartika Sharma Is Renowned Mind Trainer And Coach Of Jabalpur M.P. She Gave Her Presentation Very Effectively On Yoga And Chakra And Very Simply Correlated It With Stress Free Life, Session Was Very Interesting And Informative. During Interaction Session Students Ask About Their Doubts And Queries And Satisfied With The Answers. At The End Of The Programme Cultural Coordinator Ms. Shradha Singh Give Vote Of Thanks.



*Rajeshwari*

SIGNATURE PROGRAMME COORDINATOR