

## **Action Taken Report of Departments**

<b>S.No</b>	<b>Name of the Department</b>	<b>Location</b>	<b>Programmes Held</b>	<b>Whether all activities with Audio/Video/Photographs have been uploaded and information send to NIC Director</b>
1.	Botany	Department	Yoga Demonstration and participation	yes
2.	Buddhist Studies	Department	<ol style="list-style-type: none"> <li>1. Session on Yoga</li> <li>2. Lecture by Prof. K.T.S Sarao on the benefits of yoga for a healthy mind and body</li> </ol>	Yes
3.	Commerce	Department	<ol style="list-style-type: none"> <li>1. Prayer</li> <li>2. Loosening Practices</li> <li>3. Yogasanas, Kapalbhathi, Pranayama</li> </ol>	Yes
4.	East Asian Studies	Department	<ol style="list-style-type: none"> <li>1. Head of the Department delivered a lecture on benefits of yoga</li> <li>2. Common Yoga Protocol Video was screened.</li> <li>3. Slogans on importance of yoga were displayed</li> <li>4. Yogasans were performed by all</li> </ol>	Yes
5.	Education	Department	Yoga Demonstration and participation	Yes
6	Financial Studies	Department	Yoga Demonstration and participation	Yes
7	Geology	Department	Yoga Demonstration and participation	yes
8	Germanic and Romance Studies	Department	Yoga Demonstration and participation	Yes
9	Mathematics	Department	<ol style="list-style-type: none"> <li>1. Head of the Department delivered a lecture on benefits of yoga</li> <li>2. PPT Presentation on Yoga</li> <li>3. Yogasans were performed by all</li> </ol>	Yes

10	Modern Indian Languages and Literary Studies	Department	Yoga Demonstration and participation	Yes
11	Microbiology	Department	Interactive Yoga Session conducted by a Professional Yoga instructor	Yes
12	Music	Department	1. Workshop on Yoga 2. Saraswati Vandana & Invocation song 3. Head of the Department delivered a lecture on benefits of yoga	Yes
13	Philosophy	Department	Yoga Demonstration and participation	Yes
14.	Punjabi	Department	Yogasans were performed by Department	Yes
15	Plant Molecular Biology	Department	1. Screening of Video on Yoga 2. Lecture and live demonstration on meditation 3. Demonstration on many stress relief exercises by students	Yes
16.	Sanskrit	Department	Special Lecture on Bhakti Yoga	Yes
17	Slavonic & Finno-Ugrian Studies	Department	Yoga Demonstration and participation	Yes
18	National Service Scheme	Centre	1.Session on Yoga by NSS Units in Colleges 2. Poster Making competition on Yoga 3. Yoga Demonstration and participation 4. Workshop on Yoga by NSS Units in Colleges	Yes
19	Gandhi Bhawan	Centre	1.Special Lecture on Yoga 2. Yoga Demonstration and participation 3. Book release on Yoga 4. Yogik Aahaar	yes