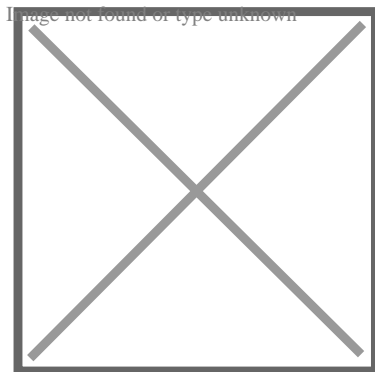


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MOE'S INNOVATION CELL
INSTITUTION'S INNOVATION COUNCIL

SDP COLLEGE FOR WOMEN, LUDHIANA, LUDHIANA
(IC202430842)
INTERNATIONAL YOGA DAY

OVERVIEW

Objective:	Benefit in terms of learning/Skill/Knowledge obtained:
To raise global awareness about the benefits of practicing yoga for physical, mental and spiritual	To mark the day a number of yoga asanas, pranayama and meditation were performed by the students and the faculty in the college
Academic Year:	Program driven by:
2024-25	Self-driven Activity
Month:	Program /Activity Name:
	International Yoga Day
Program Type:	Other:

Level 1 - Mentoring Session	null
Program Theme:	Other:
Innovation & Design Thinking	NA
Date & Duration (Days):	External Participants, If any:
06/21/2025-06/21/2025-0	null
Student Participants:	Faculty Participants:
20	5
Expenditure Amount, If any:	Remark:
null	null
ATTACHMENTS	
Video:	null
Photograph1:	
Photograph2:	
Session plan, If any:	View Report
This report is electronically generated against report submitted on Institution's Innovation Council Portal.	