



Sh.L.N.HinduCollege,Rohtak

Affiliated to M.D University, Rohtak

Apost Graduate Co-Educational College, Bhiwani Road, Rohtak Accredited by
NAAC with 'B' (2.74) Grade

Yoga Training

Cell Annual Activity Report (2024-25)





Coordinator

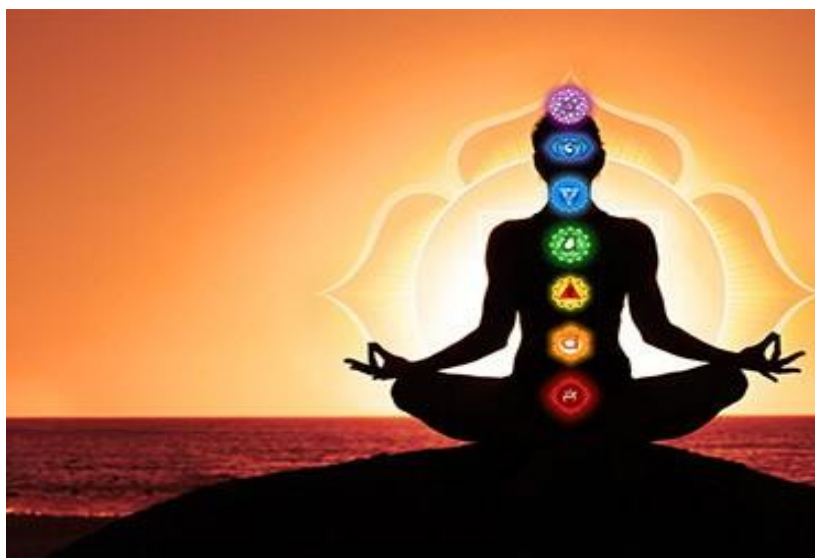
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Member

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Aims and Objectives of Yoga Training Cell



"Yoga" refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. The aim of Yoga practice is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. Yoga education can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, and more integrated members of the society and of the nation. Therefore, the college has established 'Yoga Training Cell' for the students. The aim of this cell is to provide Yoga education that helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Aims and objectives of Yoga education and Yoga Training Cell are-

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

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Sr.No	Date	Activity	No. of Participants	PageNo
1.	07.02.2025to 17.02.2025	67Days Workshop on Surya-namaskar	60	4-07
2.	21.06.2025	International Yoga Day	80	07-09

7 Days WorkshoponSurya-Namaskar **(February12-17,2025)**

Date:12th-17thFebruary2025

Venue: Sh.L.N.Hindu College Campus,Rohtak

A seven-day Surya Namaskar camp (February 5–11, 2025) was organized by the Yoga Training Cell of Shri Lalnath Hindu College under the aegis of the Department of Higher Education, Haryana, as part of the "Har Ghar Parivar Surya Namaskar Abhiyan 2025." Dr. Promila Yadav, who moderated the event, highlighted the importance and utility of yoga in life. Mrs. Mausam, Assistant Professor (Department of Sports and Physical Education), served as the yoga demonstrator. During the camp, after leading body warm-up and stretching exercises, Mrs. Mausam explained the significance of Surya Namaskar and guided the participants through the sequence of the practice. At the conclusion of the camp, Principal Dr. Anil Kumar Taneja emphasized the need for everyone to practice yoga regularly and with discipline. Students and all staff members participated in the camp.



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Nearby Bhiwani Chungi, Rohtak-124001, Haryana, India

Ref No. 2025/Feb/Fac/112

Date: 01.02.2025

**One Week Surya Namaskar Camp Under "Har Ghar-Pariwar Surya
Namaskar" Campaign by Haryana Yoga Commission & Ayush Department,
Govt. of Haryana**

Yoga Training Cell is going to organize 7 Days Surya Namaskar Camp for all the students, staff members
(Teaching & Non-Teaching) from 5th Feb. to 11th Feb. 2025. Participation of all is compulsory at 08:15 Hours

Duty Chart

Flex and Banner:

- Dr. Raunak
- Dr. Reena

Arrangement of Mats and Durries in Lawn:

- Dr. Seema Gosain
- Dr. Geeta
- Dr. Sandeep (EVS)
- Mr. Vikram
- Mr. Rajbir
- Mrs. Renu
- Mrs. Rekha
- Mr. Ajay
- Mr. Asamjeet

Arrangement of Mike and Sound System:

- Mr. Akshay
- Mr. Parvesh

List of Participants and Attendance (Everyday):

- Dr. Nidhi
- Dr. Manisha
- Ms. Ankita
- Ms. Lakshaya

Photography and Media Coverage:

- Dr. Chitra
- Dr. Sumit

Note:

- All the Cells and Club Coordinators are requested to make sure the presence of their students during the camp.
- Kindly wear comfortable clothes suitable for Yoga Practice and you all can bring your Yoga Mats.

Coordinator, Yoga Training Cell


Principal



हिंदू महाविद्यालय में सात दिवसीय सूर्य नमस्कार कैंप का आयोजन

रोहतक, 5 फरवरी (धामु) : श्री लालनाथ हिंदू महाविद्यालय में उत्तर शिक्षा विभाग, हरियाणा के तत्वावधान में हर घर परिवार सूर्य नमस्कार अभियान 2025 के तहत महाविद्यालय के योगा ट्रेनिंग सेल द्वारा सात दिवसीय सूर्य नमस्कार कैंप का आयोजन किया गया। कार्यक्रम का मंच संचालन कर रही डॉक्टर प्रोमिला यादव ने जीवन में योग के महत्व एवं उपयोगिता को बताया। मंच पर योगा डेमोंस्ट्रेटर की भूमिका मौसम, असिस्टेंट प्रोफेसर खेल एवं शारीरिक शिक्षा विभाग ने निभाई। कैंप में सर्वप्रथम मौसम ने



सूर्य नमस्कार करते विद्यार्थी।

बोडी वार्मर-अप तथा फॉर स्ट्रेचिंग के बाद सूर्य नमस्कार का महत्व बताते हुए श्रृंखलाबद्ध तरीके से सूर्य नमस्कार करवाया। कैंप के अंत में प्राचार्य डॉ. अनिल कुमार तनेजा ने कहा कि इस

सात दिवसीय योगा कैंप में हम सभी को नियमित रूप से अनुशासन के साथ योगा करना चाहिए। इस कैंप में विद्यार्थियों तथा समस्त स्टाफ सदस्यों ने भाग लिया।

International YogaDay on 21st June 2025.

Yoga cell was organized a yoga session at Shri Lal Nath Hindu College to mark International Yoga Day. The event was presided over by the college principal, Dr. Anil Taneja, and conducted by Mrs. Anila Bathla. On this occasion, Acharya Jogendra Yogacharya guided everyone through yoga practices; he led the participants in performing various *asanas* in accordance with the protocol for the 11th International Yoga Day and explained their benefits in detail. He also highlighted the significance of the International Yoga Day theme, "One Earth, Yoga for Health." Mr. Shyam Kapoor, President of the college's managing committee, attended as the chief guest and spoke about the virtues of yoga. In his presidential address, Principal Dr. Anil Taneja extended his best wishes for Yoga Day and expressed his gratitude to everyone present.



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Ref. No. 2025/June/Std/237

Dated: - 18.06.2025

Notice

As per the guidelines of Director General of Higher Education (DGHE), our college is going to organise 'International Yoga Day' on June 21, 2025.

Yoga means unison. When you practice yoga on a regular basis, your mind starts to work in union with your body. This enables self-awareness and betterment of health. Your self-esteem improves, and you become more confident. It brings a positive outlook to life.

This event will include the "Common Yoga Protocol" introduced by the Ministry of Ayush, Govt. of India which aims at promoting health and wellness. It is requested, All the staff members and students are requested to be present in the campus on this occasion. For the smooth conduct of this event the following units, cells and club coordinators are requested to make necessary arrangements:-

Yoga Training Cell, NCC, NSS, Youth Red Cross and Women Cell

Details of the Event:

- **Chief Guest: Swami Jogender Yoga Acharya**
- **Event Coordinator: Mrs. Anila Bathla**
- **Date: 21 June, 2025**
- **Time: 7:00-8:00 AM (Reporting Time: 6:45 AM)**
- **Venue: College Campus**
- **Dress: White T-shirts with Yoga Pants or Light and comfortable cotton clothes (to facilitate easy movements of the body)**


Principal



लाल नाथ हिन्दू कॉलेज में योग दिवस मनाया



रोहतक। लाल नाथ हिन्दू महाविद्यालय में अन्तर्राष्ट्रीय योग दिवस के उपलक्ष्य में योग अभ्यास कार्यक्रम का आयोजन किया गया। इस कार्यक्रम की अध्यक्षता महाविद्यालय के प्राचार्य डॉ. अनिल तनेजा ने की। संचालन अनिला बठला ने किया। आचार्य जोगेन्द्र योगाचार्य ने सभी को योगाभ्यास कराया। उन्होंने व्याख्यान अन्तर्राष्ट्रीय योग दिवस के प्रोटेकोल के अन्तर्गत सभी योगासन करवाये और उनके लाभों का विस्तार से वर्णन किया। उन्होंने अंतरराष्ट्रीय योग दिवस के ध्येय वाक्य एक पृथ्वी, एक स्वास्थ्य के लिये योग के महत्त्व पर प्रकाश डाला। इस अवसर पर मुख्य अतिथि महाविद्यालय की प्रबन्ध समिति के प्रधान श्याम कपूर रहे। उन्होंने योग की महिमा का वर्णन किया। प्राचार्य डॉ. अनिल तनेजा ने योग दिवस की शुभकामनाएं देते हुए सभी का धन्यवाद व्यक्त किया। प्रबन्ध समिति के भूतपूर्व प्रधान राजेश सहगल, वर्तमान उप प्रधान अजय निझावन, महामन्त्री संजय आहुजा, कोषाध्यक्ष जतिन लूथरा सहित शैक्षिक, गैर शैक्षिक स्टाफ व विद्यार्थी उपस्थित रहे।

