



Sardarshahar (Churu) Rai,

MAHILA MAHAVIDYALAYA

Internal Quality Assurance Cell

Program Report

Program: International Yoga Dav

Date:- 21/06/2022

Yoga Awareness Campaign on Social media

No. of Participants :- NSS Volunteers

Program In charge: Miss Reena Verma (NSS Incharge & Director IQAC)

Program Details:

On the occasion of International Yoga Day, NSS unit of the college conducted **Online Yoga** Awareness Campaign under the direction of NSS incharge Miss Reena Verma. In this program NSS Volunteers made digital posters with motivational slogans and videos. This content was uploaded on their social media accounts. These posters and videos were also uploaded on college social media accounts (Facebook, Instagram and Whatsapp etc.) and also shared on district level NSS whatsapp group.

Digital content made by students:



Mittal college Yoga workshop from home made by Nitya Sharma











Thank You