

**Title of the Programme: Art of Breathing for a Healthy Life**

**Date of the Event: 28<sup>th</sup> January, 2020**

**No of Participants: 60**

A Workshop on "**Art of Breathing for a Healthy Life**" was organised on 28th January, 2020. The prominent speaker was Acharya Gopal Krishna. He demonstrated the art of right breathing. He emphasized on practicing yoga for a successful and healthy life. The students found the lecture very interesting which was reflected in an hour-long discussion on yoga followed by question-answer session. Several information regarding the yogic philosophy and tradition of India was shared by the distinguished speaker. He also demonstrated some of the yogic positions in front of the students and shared some important tips for healthy living. The student response was overwhelming. The lecture was followed by high-tea and then an Inter-house Quiz competition "Quizmania" was executed successfully under the guidance of Dr. Bharat Garg. The student participated in large numbers. The winners were, Rohit and S. Siddharth team, 1st position and Prosoon Rai, Krishan Kumar and Praveen Kumar Yadav team 2nd position. The programme was organized by the **student team of B.A. Programme Society UDGM**: Akash Sharma, Priyanka, Shreya Singh, Parul, Harsh Verma, Vikas Sharma, Anikeat Baldotra, Ankita Verma, Atiya, Amit Pathak, Anchal, Arpit Arora, Ankur Kumar, Anushka Tiwari, Avidha, Chhavi Gulia, Chirag, Deepak Soni, Hema Kumari, Harsh Vardhan, Kartikeya, Keshav, Lisha Anand, Monika Patil, Manik Dedha, Nabaha Fatma, Prakriti Mishra, Prachi Verma, Parul Rajawat, Prakriti Raina, Rahul Giri, Roopali Negi, Riya, Riya Lalit, Shivam Yadav, Shubham, Shreya Sharma, Shivangi Sharma, and Tanya Suhane. All the events and programmes were conducted and managed by the entire student team of B.A. Programme Society UDGM. These students are the backbone of the society and deserve credit and appreciation for the successful management of the event. The constant support and guidance of the Principal, Prof. Rabi Narayan Kar and the college administration has helped and motivated the society to smoothly conduct all its programmes. The participation of the teachers who are teaching in BA programme namely Dr. Ramesh Burnwal, Dr. Rekha Kaushik, Dr. Surbhi Sehgal, Dr. Ameshwar Naik, Dr. Gayatri Chaturvedi (Convenor), Dr. Bharat Garg and Mrs. Rapti also helped in the smooth functioning of the programme.

(Photographs attached)



**Workshop "Art of Breathing for a Healthy Life"**  
**28 Jan, 2020 (Part of Vasantotsav 2020)**  
**BA Prog. Society Udgam**  
**Convener: Dr. Gayatri Chaturvedi**

