

Women's Cell Activity

Yoga and Meditation Workshop

30 October – 14 November 2025

A successful 12-days (30 Oct to 14 Nov 2025) Yoga and Meditation Workshop was organized under the guidance of the Women's Cell and yoga teacher Shri Devender Singh at the Government Post Graduate Women's College, Rohtak. 50 students participated in this workshop. The students practiced various techniques of pranayama (breathing exercises), asanas (poses), meditation, and stress management. Shri Devender Singh provided detailed information on the importance of yoga in daily life and its health benefits.



Principal Dr. Shamsheer Hooda motivated the students to adopt regular yoga practice in their lives and honoured the students who performed exceptionally well in the workshop with prizes.



On this occasion, Dr. Deepak Malik, Dr. Jyoti, Dr. Anju, Dr. Veena Sachdeva, Dr. Neeraj Kadian, Dr. Suman, Dr. Monika, Dr. Pooja, Dr. Radha Rathi, Dr. Renu, and Dr. Manju, along with other staff members, were present.

