



(INTERNATIONAL YOGA DAY -2017)



Team of Health Club : Health Awareness Camp, Ajhai



TEAM HEALTH CLUB [Health awareness camp in Raya Village]



 **GLA**
UNIVERSITY
MATHURA
Accredited with **A** Grade by **NAAC**

Department of Mechanical Engineering
is organizing
Yoga & Meditation
Date: 11-12 may 2018
Time: 9:00-10:00 AM



Mr. Gaurav Pant
Asstt. Professor

Community Visit and Health Camp



TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at K.R. Secondary School, Mathura on 21 Nov 2017.

Community Visit and Health Camp



***TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at Baba Kadhera Singh Vidya Mandir
[Senior Secondary Residential cum Day School] Sonkh, Mathura on 22 Nov, 2017***

Community Visit and Health Camp



TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at Parmeshwari Devi Dhanuka School, Vrindavan, Mathura on 23 Nov, 2017

Community Visit and Health Camp



TEAM HEALTH CLUB [Vitamins & Deficiency diseases] at Radha Madhav Public School, Goverdhan, Mathura on 24, Nov, 2017

YOGA COMPETITION 2018

ONLY FOR GIRLS



Venue: Conference Hall Academic Block II

Date: November 24, 2018 at 03:00 pm

COORDINATORS

ISHA SINGH, GODAWARI HOSTEL.(402)
PRABHJOT KAUR, GANGA HOSTEL.(104)

SHIV KUMAR YADAV
SPORTS OFFICER

RUCHI PATEL
YOGA INSTRUCTOR
(7060209810)

Department of Mechanical Engineering

is organizing

Yoga & Meditation

Date: 21-22 June 2019

Time: 9:00-10:00 AM



Mr. Gaurav Pant
Asstt. Professor



Department of Mechanical Engineering



GLA
UNIVERSITY
MATHURA
Recognized by UGC Under Section 2B

Accredited with **A** Grade by NAAC

12-B Status from UGC

is organizing

Yoga & Meditation

Date: 20-21 June 2020

Time: 9:00-10:00 AM

Resource Person



Mr. Gaurav Pant

Asstt. Professor





TEAM HEALTH CLUB [Health awareness camp in Baba Kadhera Singh Vidya Mandir [Senior Secondary Residential cum Day School] Sonkh, Mathura 25/11/2019



Sports Department, GLA University
 in collaboration with **EUSAI** organises
National Sports Webinar Series
SPORTS WEBINAR - 5

BENEFITS OF YOGA TO IMPROVE FLEXIBILITY

1st NOVEMBER 2020 | 11:00 A.M. to 1:00 P.M.



RESOURCE PERSONS



Dr. Lalitha Gaurav
 Assistant Professor
 LNIPE, Gwalior



Mr. Akhilesh Kr. Pachouri
 International Yoga Trainer
 Referee School Games
 Federation of India

CONVENORS



Mr. J.P. Singh
 Sports Officer
 GLA University
 Mathura



Ms. Ritu Jat
 Sports Coach
 GLA University
 Mathura

CO-CONVENOR Ms. Jalanki Nayak, B.Tech.-CSE, 3rd yr.

For more information +91-70678 66758

e-Certificates will be provided

www.gla.ac.in

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GLAU
GLADIATORS

Prof. Sanjay Maurya
HOD, Department of EE
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura

YOGA FOR HEALTHY LIVING
Department of Electrical Engineering
30th June, 2021 | 7:00 AM to 8:00 AM

"Yoga is a light, which once lit will never dim.
The better your practice, the brighter your flame."
- B.K.S. IYENGAR

For any query: +91-7067866758 Organised by Department of Sports

Zoom ID : 971 7966 2986
Passcode : 12345

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12B Status by UGC

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GLAU
GLADIATORS

Prof. Piyush Singh
HOD, Department of ME
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura

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Department of Mechanical Engineering
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GLAU
GLADIATORS

Dr. Sudhir Goyal
HOD, Dept. of Civil Engg.
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura

YOGA FOR HEALTHY LIVING
Department of Civil Engineering
30th June, 2021 | 7:00 AM to 8:00 AM

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GLAU
GLADIATORS

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HOD, Dept. of Biotech
GLA University, Mathura

Dr. Sonu Sharma
Sports Officer
GLA University, Mathura

Ms. Ritu Jat
Sports Coach
GLA University, Mathura

YOGA FOR HEALTHY LIVING
Department of Biotechnology
30th June, 2021 | 7:00 AM to 8:00 AM

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(YOGA ONLINE ACTIVITY SESSION -2020 -21)



YOGA FOR HEALTHY LIVING
Department of Agriculture Science

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."

DATE - 23rd JUNE 2021

Time - 7.00Am to 8.00Am

- B.K.S. IYENGAR



Prof. Virendra Singh Pundir
HOD of Agriculture Science



Dr. Sonu Sharma
Sports officer



Ms. Ritu Jat
Sports Coach

Reg. Link : shorturl.at/sHMU5

For any query: +91-7067866758 Organised by Sports Department, GLA University, Mathura



Zoom Meeting ID : 965 4633 5062
Passcode : 010203



YOGA FOR HEALTHY LIVING
Faculty of Education

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."

DATE - 23RD JUNE 2021

Time - 7.00Am to 8.00Am

- B.K.S. IYENGAR



Prof. Kavita Varma
Principal Faculty of Education



Dr. Sonu Sharma
Sports officer



Ms. Ritu Jat
Sports Coach

Reg. Link : shorturl.at/sHMU5

For any query: +91-7067866758 Organised by Sports Department, GLA University, Mathura



Zoom Meeting ID : 965 4633 5062
Passcode : 010203

(YOGA ONLINE ACTIVITY SESSION -2020 -21



Health Camp at Prathmik Vidhyalaya, Purdiya, Mathura on 12.01.21

YOGA FOR HEALTHY LIVING
 Department of Electrical Engineering
 30th June, 2021 | 7:00 AM to 8:00 AM
 "Yoga is a light, which once lit will never dim.
 The better your practice, the brighter your flame."
 - B.K.S. IYENGAR
 For any query: +91-7067866758 Organised by Department of Sports
 Zoom ID : 971 7966 2986

YOGA FOR HEALTHY LIVING
 Department of Civil Engineering
 30th June, 2021 | 7:00 AM to 8:00 AM
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 For any query: +91-7067866758 Organised by Department of Sports
 Zoom ID : 971 7966 2986

YOGA FOR HEALTHY LIVING
 Department of Mechanical Engineering
 30th June, 2021 | 7:00 AM to 8:00 AM
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