

06.08.2019: National workshop on Yoga and Meditation.

One day National Workshop on Yoga and Meditation with theme “Find yourself through Yoga and meditation” was organised by KLB DAV College for Girls Palampur. Main motive behind the workshop was to provide knowledge about the importance of yoga and to aware about the daily yoga exercise through which stress and anxiety among the students can be overcome. Main spokes person were Mr. Narender Anand and Mrs. Shveta from Amrita University Keral. With this Dr. Monika Gautam and Dr. Rachita Chauhan from Kayakalp Palampur elaborated main points on the importance of yoga through which many diseases can be removed.



2020: COVID-19