

Shaheed Rajguru College of Applied Sciences for Women
University of Delhi
(Department of Physical Education & Sports Sciences)

REPORT ON THE CERTIFICATE COURSE IN FOUNDATION OF YOGA

The Department of Physical Education and Sports organized a '**CERTIFICATE COURSE IN FOUNDATION OF YOGA**' from 01 March 2016 to 6 April, 2016 in the college premises for college students and staff members.

The duration of the course was 40 hours spread over a period of one month. Physical Classes were conducted every day from 4:15 pm to 5:45 pm each day.

Course Fee: For Students Rs.100/-

For Staff Rs.250/-

There were 35 students/ staff members enrolled in the course.

At the end of the course, there was a practical and theory exam. Those who had secured minimum 90% attendance were eligible for appearing in the practical examination. Certificates were awarded to the 31 candidates who had cleared the practical examination.

Dr. Bimla Pawar
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