



SHRI DHANWANTRY AYURVEDIC COLLEGE & HOSPITAL
SECTOR 46-B, CHANDIGARH, 160047

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YOGA COMMITTEE

Objectives-

- The main objective of Yoga committee is to support and foster the high quality, accessible, and equitable teaching of yoga.
- Other objectives of the Yoga committee are-
 - To act as a centre of excellence in Yoga.
 - To promote deeper understanding of Yoga philosophy and practices based on ancient Yoga Traditions for holistic health and well-being of all.
 - To provide and promote facilities of teaching, training, therapy and research to fulfil the above two objectives.

Functions and Responsibilities-

- Yoga committee functions with a view to attain the main objective of bringing the benefits of Yogic Science to people in general and students in particular for their overall development (Physical, Mental, Emotional and Spiritual).
- Yoga committee has a responsibility to educate students through Practical and Theory Sessions, Seminars, Workshops, Lesson Plans, Group Discussions, Case Study, Educational Tours, Lecture series, Yoga Camps etc.
- Yoga committee has to be helpful in creating self-employment opportunities for students by conducting practical and useful yogic courses.
- The committee has to determine the eligibility criteria for students for joining yoga education programmes at different levels.
- The Yoga committee has to organize and motivate the students to actively participate in intra and inter college level yoga competitions.
- Yoga committee has to conduct and supervise weekly Yoga program for students and staff in order to maintain good health and mind.
- Committee has to arrange meditation seminars for teaching and non teaching staff members.

Members of yoga committee-

1.	Chairman	Dr. D. K. Chaddha
2.	Member Secretary	Dr.Suhas Sakhare
3.	Member	Dr. Neerja Sharma
4.	Member	Dr.Nidhi Devidas
5.	Member	Dr.Prashant Minhas
6.	Member	Dr. Tilottama
7..	Member	Miss Suman

Meeting Schedule: Once in a month (every 3rd Wednesday of month)