

COMMITTEE FOR YOGA

Minutes of Meeting

No. SDACH/YC/02

Date: 17th March, 2026

Time: 11:00 AM- 12:00 PM

Venue- Department of Swasthavritta

Attendees-

Dr. Neerja R. Sharma	Chairperson
Dr. Ravinder Kaur	Coordinator
Dr. Priyanka Choudhary	Member
Mrs. Chandra	Member
Mr. Utpal	Member
Mr. Pawan	Member

Agenda

Review of previous meeting

Preparation for International Day of Yoga incorporating various yoga sessions- Common Yoga Protocol

100 day countdown to the 12th International Day of Yoga

Conduction of Yoga session in different schools

Discussion

The meeting commenced at 11:00 AM with Dr. Neerja R. Sharma presiding as Chair. Dr. Neerja R. Sharma (Chairperson of Committee) introduced and welcomed the new Yoga instructor Mr. Pawan to the committee.

The committee discussed this year's theme "Yoga for Harmony and Healing." Members emphasized promoting the importance of yoga for physical, mental, and emotional well-being. Various activities and yoga sessions based on the Common Yoga Protocol will be organized for students and the community.

The department will actively participate in the 100-day countdown campaign by organizing awareness programs and yoga practice sessions. It was decided to conduct yoga awareness and practice sessions in different schools to promote healthy lifestyle practices among students.

Decision

The meeting concluded with a decision to actively organize yoga-related activities and awareness programs in preparation for the International Day of Yoga, ensuring wider participation of students, schools, and the community. The committee has decided that meetings regarding Yoga will be held every month until International Yoga Day. The meeting adjourned at 12:00 PM, with the next session scheduled for 22nd April 2026.

Chairperson

