



## DPG DEGREE COLLEGE

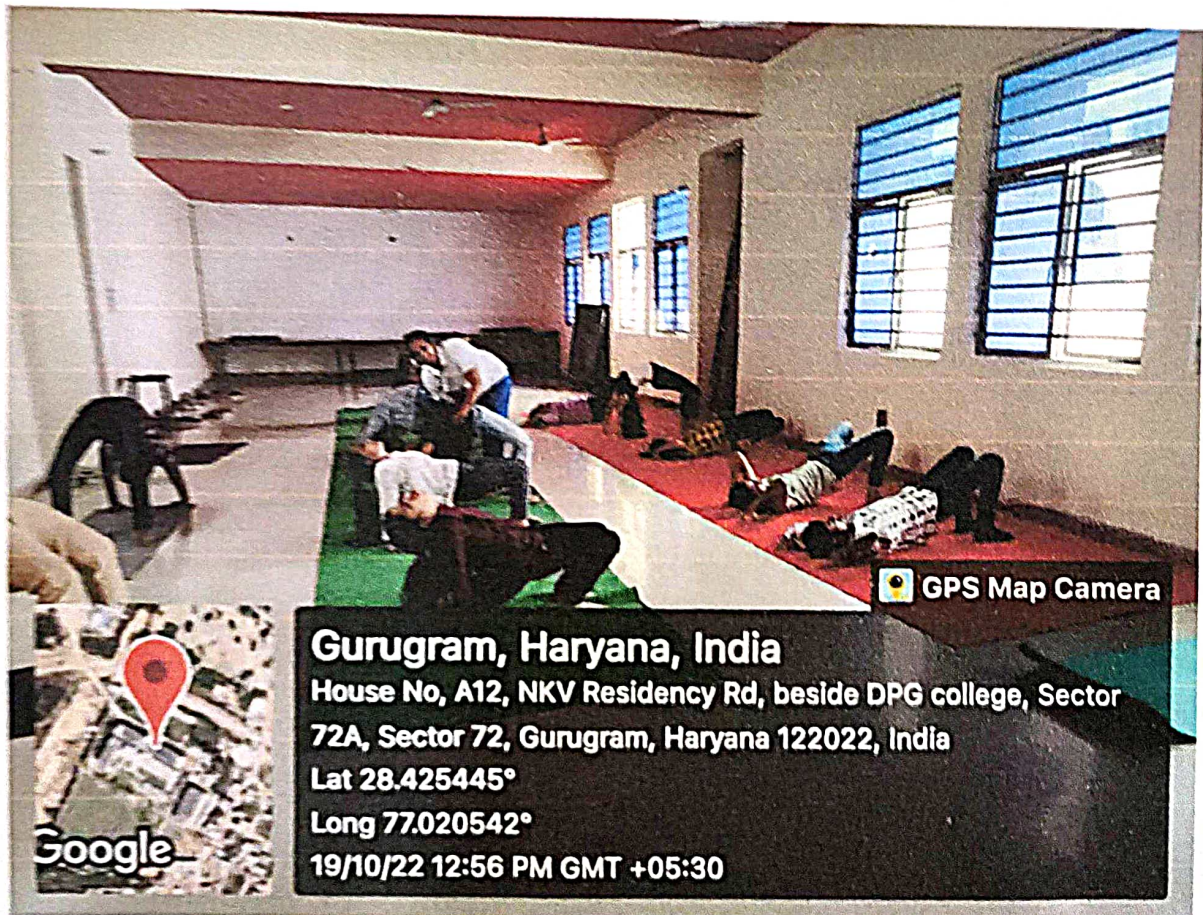
(Affiliated to MDU, Rohtak)

Sector-34, Near Marble Market, Gurugram, 122001

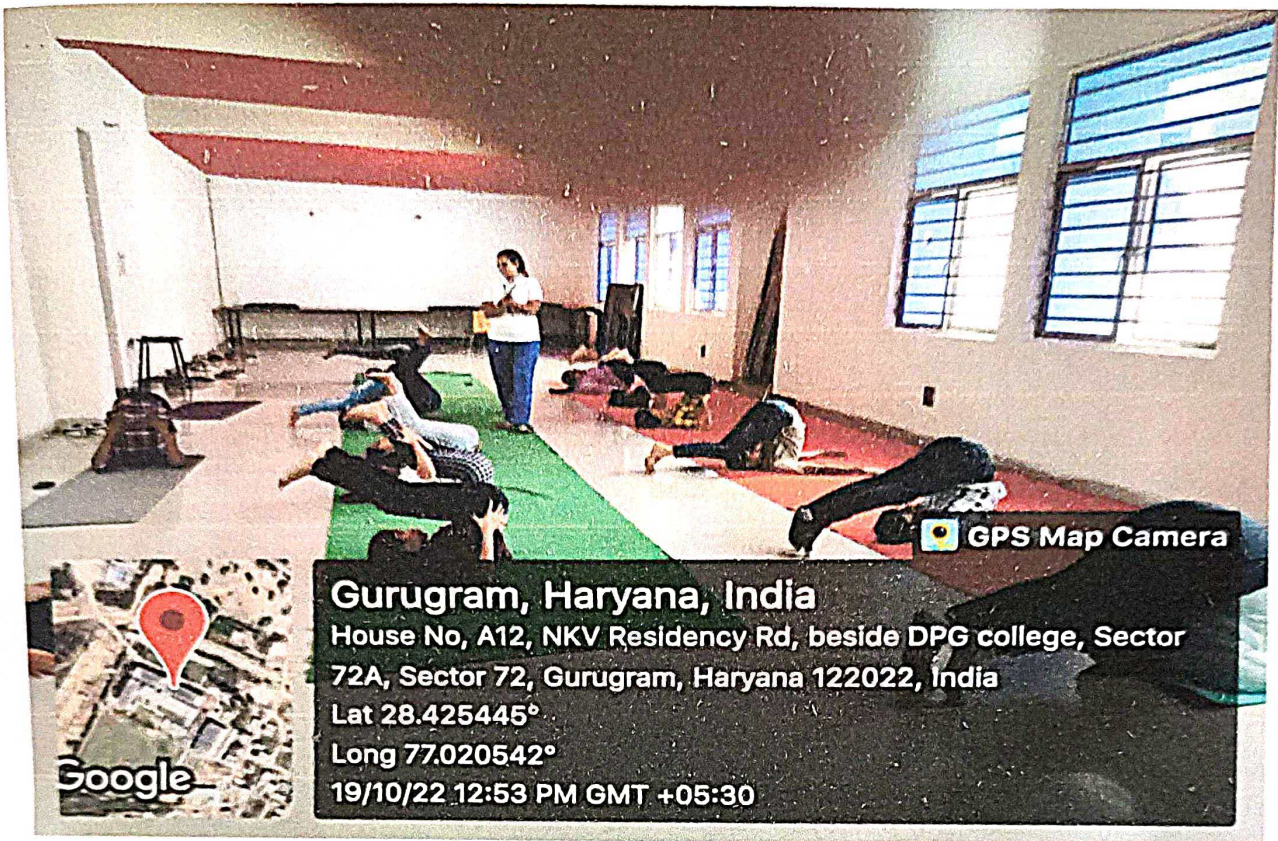
Dated: 19/10/22

### 5. Training Program for Yoga

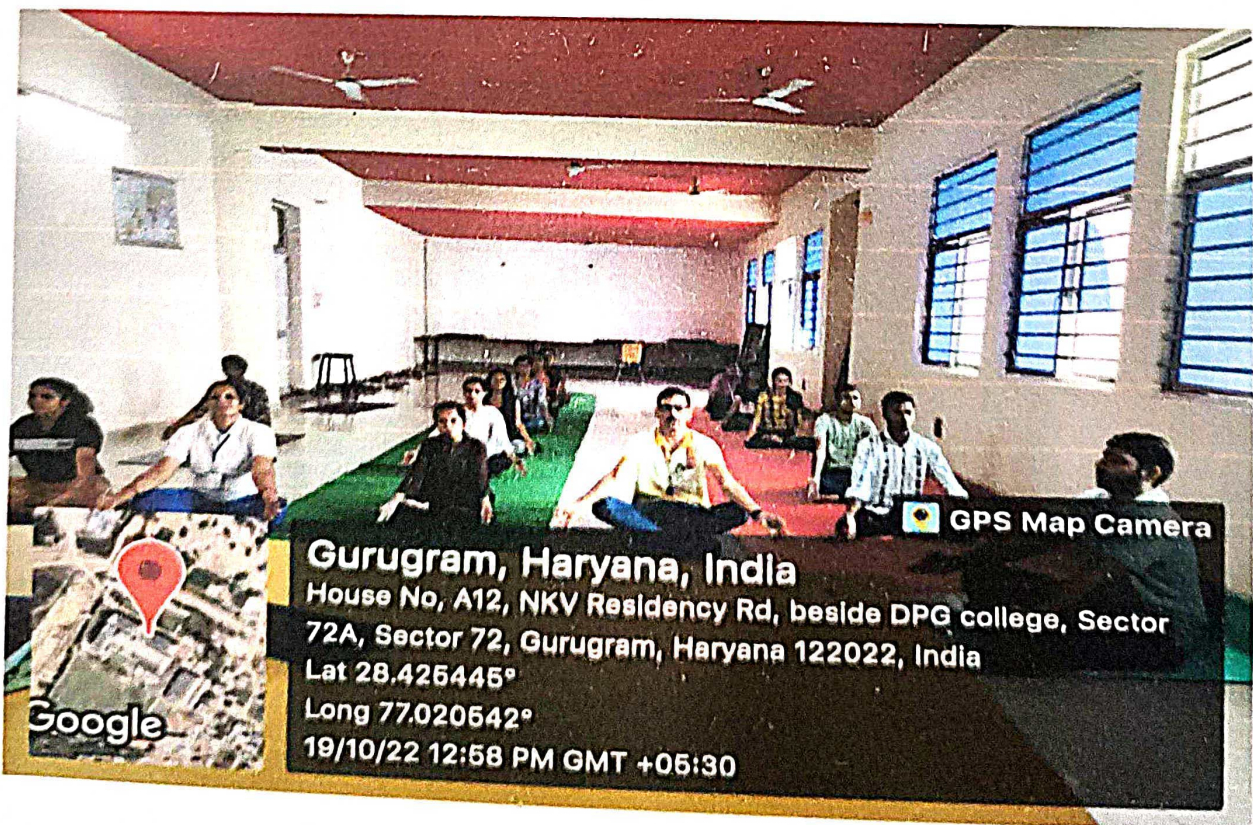
NSS volunteers along with faculty members participated in Yoga Training Program which was being organized at Govt School Garhi Harsaru located in nearby village of college. Purpose for this Session or program was to provide a purpose with motivation to a healthy life style and fitness. Volunteers along with school students and trainers participated enthusiastically in this program and developed wonderful skills for personal fitness. Yoga permits several health benefits such as increased cardiovascular fitness, improved muscular strength and normalization of blood pressure.



**YOGA TRAINING PROGRAM**



**NSS VOLUTEERS AT YOGA TRAINING**



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