


Sports Activities 2020-21

(1) Department of Physical Education organized online two days Inter disciplinary workshop from 22/02/2021 to 23/02/2021 .

DEPARTMENT OF PHYSICAL EDUCATION & NSS
(2 Days workshop on "Alternative Therapies for Physical And Mental Health)
Resource Person: Dr. Vikram Singh, Sh. Suresh Kumar
Date: 22nd-23rd Feb, 2021





DAYANAND COLLEGE, HISAR

Accredited with 'A' Grade by NAAC
Governed by DAV College Managing Committee, New Delhi
Affiliated to Guru Jambheshwar University of Science & Technology, Hisar

Dept. of Physical Education in collaboration with NSS Units
Invite you to join an Interdisciplinary National Workshop on
Alternative Therapies for Physical & Mental Health
22nd Feb. To 23rd Feb. 2021 at 11:00 am

Eminent Speakers:

 <p>On 22nd Feb. 2021 Dr. Vikram Singh Head Physical Educator Jawaharlal Nehru University, New Delhi Topic: Skills & Opportunities in Yoga & Naturopathy</p>	 <p>On 23rd Feb. 2021 Sh. Suresh Kumar Yogacharya Grand Reiki Master Mudra Healer. Topic: Mudra Chikitsa</p>
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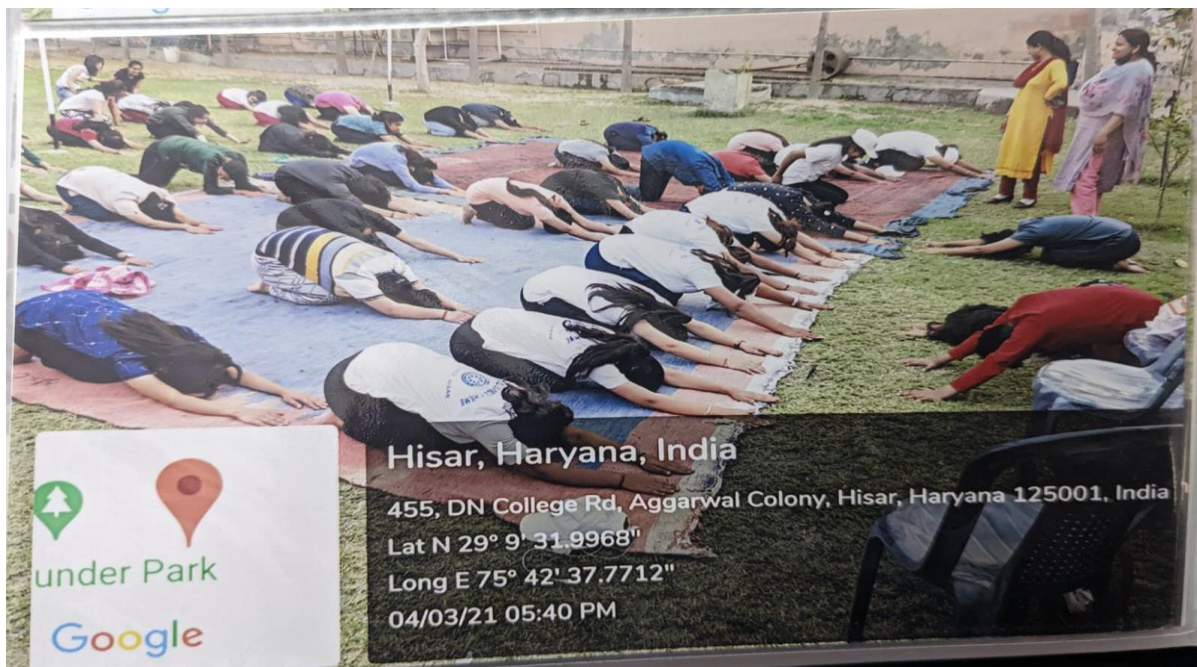
About The Institution

Dayanand College, Hisar is a 70 years old, Re-Accredited as 'A' Grade institution by NAAC, Bangalore in November 2016. The temple of learning is a nursery of higher education. The college owes its existence to the vision and missionary zeal of Lala Gian Chand Mahajan (later venerated as Swami Munishwaranand) who was a teacher by profession, a social crusader by inclination, and a saint by temperament. Swamiji was helped in his crusade by a galaxy of philanthropists and missionaries. The college is a multi-faculty, co-educational government-aided institution affiliated to Guru Jambheshwar University of Science & Technology, Hisar. Founded in the historical city of Hisar in 1950, the college was taken over by the DAV College Managing Committee, New Delhi in 1962. The emergence of this seat of learning marked a new era in this educationally and culturally obscure land even after independence. It was a dust bowl, a dry, dreary and dismal darkness. The opening of a college here was thus like creating oasis in the desert. The college is situated on two campuses, occupying a total land area of about 28 acres out of which 4 acres of land is for the college complex and 24 acres of land is harnessed for creating facilities like hostels, staff quarters and sports ground and indoor sports complex.

(2) Department of Physical Education organized Yoga and Meditation Camp from 17th February to 26th February, 2021 at Dayanand College Sports Complex.



(3) Department of Physical Education organized Yoga and Meditation from 3rd March to 8th March, 2021 at Dayanand college Girls Hostel.



(4) Department of Physical Education organized online 7th International Yoga day 20th June, 2021.

