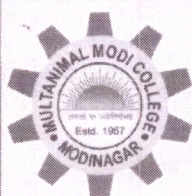


# Yoga



## Newsletter

(Quarterly-July to September 2016)

Session : 2016-17

Issue : 5

### Multanimal Modi College, Modinagar



#### MESSAGE FROM THE HONORABLE CHAIRMAN

I am glad to know that the latest edition of the college newsletter is coming out. The newsletter has been a great success in highlighting the various activities and achievements of the college. My best wishes to the editorial team.

Dr. D.K. Modi  
Chairman

#### MESSAGE

It gives me great pleasure to congratulate the editors and contributors of the Newsletter of Multanimal Modi College, Modinagar. It is a wonderful effort by the management of the college as well as the team that has worked so hard in compiling informative articles as well as details about the events that took place within the college in the past few months.

It is essential that we document activities taking place in a college and present them regularly to readers because these guide future planners of events as well as act as a repository of information of the activities undertaken in the college.

It was really interesting to know through the journal the wide variety of activities that have taken place in the college suggestive of it being a vibrant institution working for the all round development of its students.


I wish the management, staff and students of the college all the best in this endeavour.

Thanking you,  
Dr. Amit Pathak  
Founder,  
History and Culture Association

#### INTERNATIONAL YOGA DAY

International Yoga day was celebrated in the college on 21st June, 2017. The event was organized in accordance with the vision of Prime Minister Shri Narendra Modi who played a pioneering role in getting 21st June to be declared by the UN as the International Yoga Day. The event was attended by the Principal Prof. R.C. Lal, Dr. Nirdosh Aggarwal of Divya Yog Sansthan, Modinagar, college staff as well as the students. The programme was organised to create awareness about the benefits of yoga in creating a healthy mind & body balance.



  
Principal  
Multanimal Modi College  
Modinagar





# Newsletter

(Quarterly-April to June 2017)

Multanival Modi College, Modinagar

(A 'NAAC' Accredited College)

Awarded "College with Potential for Excellence" by UGC, Govt. of India

Website- [mmcmodinagar.ac.in](http://mmcmodinagar.ac.in)

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Session : 2017-18

Issue : 8

in RT-BASE-2018.

## INTERNATIONAL YOGA DAY CELEBRATION

International yoga day was celebrated in the College campus on 21st June, 2018. On this occasion, demonstrations of different yogic asanas were presented by Dr. Nirdosh Agarwal & his team. Various speakers spoke on the benefits of yoga in daily life. Principal Professor R.C. Lal welcomed the guests and addressed the audience. The events was attended by Prof. R.C. Lal, Dr. P.K. Garg, Dr.S.S. Suri and other staff members as well as students.



# Newsletter

(Quarterly-July-September 2018)

Multanival Modi College, Modinagar

(A 'NAAC' Accredited College)

Awarded "College with Potential for Excellence" by UGC, Govt. of India

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Session : 2018-19


Issue : 13



## YOGA CAMP

Uttar Pradesh Rajshri Tandon Open University Prayagraj, made its study centre Multanival Modi College, a centre of Yoga practice and practical exam centre for PGDYO, DYS and CCY yoga courses. M.M. College study centre organised a 2 days yoga camp on 25th and 26th February 2019 in which several candidates from Noids, Hapur, Ghaziabad and Dasna Centre took part. The Yoga Camp was inaugurated by Shri Jai Krishan Ji [Pracharak] Prant Seva Pramukh Moradabad. Dr. Kavita Tyagi, Regional Director Regional office Uttar Pradesh Rajshri Tandon Open University Prayagraj, was the chief guest of the camp. Principal Prof. R.C. Lal welcomed the guests. The event was attended by Dr. P.K. Garg, Dr. S.K. Sharma, Mr. Satyapal along with Dr. Deepak Sharma [coordinator, Study



  
Principal  
Multanival Modi College  
Modinagar





# Newsletter

Session : 2019-20

Issue : 16

(Quarterly : April-June 2019)

**Multanil Modi College, Modinagar**

(A 'NAAC' Accredited College)

Awarded "College with Potential for Excellence" by UGC, Govt. of India

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## INTERNATIONAL YOGA DAY

International Yoga Day was celebrated with great enthusiasm in the College campus on 21st June 2019. A special Yoga camp was organised in the College campus, in which various Yogic asanas and pranayam were performed. Several speakers spoke on the relevance of Yoga in the modern hectic and stressful life.

The speakers also emphasised on the holistic aspects of Yoga for a healthy, meaningful and wholesome life.

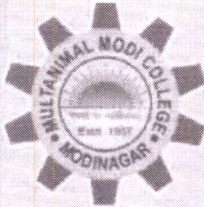
The event was attended by Principal Prof. R.C. Lal, Mr. Naveen Mittal, Dr. Geetanjali Sharma, Dr. Richa Yadav, Dr. Kumud, Dr. Tarun Arya, Mrs. Shalini Gupta, Ms. Priyanka Verma, Dr. Deepak Sharma, Mr. Pawan Bhatnagar, Mr. Sanjay Maskara, Mr. Rajendar Kumar, Mr. Sunil Kumar and others. Dr. Nirdosh Agarwal was the special Guest on the occasion.



  
Principal  
Multanil Modi College  
Modinagar



## BPES and Sport Dept.



# Newsletter

(Quarterly-April to June 2017)

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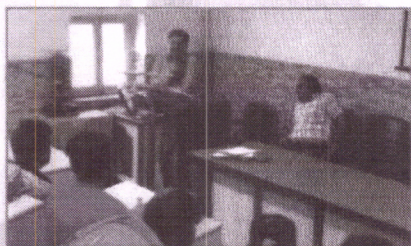
Website- [mmcmodinagar.ac.in](http://mmcmodinagar.ac.in)      e-mail- [info@mmcmodinagar.ac.in](mailto:info@mmcmodinagar.ac.in)

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Session : 2017-18  
Issue : 8

### GUEST LECTURES IN THE DEPARTMENT OF B.P.E.S

Three Guest lectures was organised by the Department of Physical Education and Sports for B.P.E.S. students as well as the staff.



The first Guest lecture was delivered by Dr. Lalit Sharma, Associate Professor, IGIPSS, Vikas Puri, New Delhi on 1st April 2018, on the topic "Issues related to Fitness and Wellness".

The second guest lecture was delivered by Dr. Satish Gulia, Assistant Professor, Deptt. of Sports, Janta Degree College, Patla on April 16, 2018 on the topic "Career




Opportunities in the field of Physical Education and Sports".

The third Guest lecture was delivered by Dr. Deepak Chandra Maurya, Assistant Professor, Department of Physical Education & Sports, D.J. College, Baraut on 25 May on the topic "Benefits of Yoga in Daily Life".

These lectures proved very beneficial and informative for the students. The lectures were attended by Principal Prof. R.C. Lal, Dr. S.S Suri, Incharge, B.P.E.S., Mr. Tarun Arya, Mr. Vipin Kumar, Mr. Subhash and several other faculty members as well as students.



  
**Principal**  
**Multanimal Modi College**  
**Modinagar**