



Ref.No/KRMU/SOHS/Note/2024-25/13

Date: 20/01/2025

Note

Subject: Request for Approval for organising Breath, Balance, Thrive: Life Skill through Yoga, (Participation in “Har Ghar Parivaar- Suryanamaskar” Project by Haryana Yog Aayog and AYUSH”)

School of Humanities in collaboration with Chetna Society, is organizing an event “**Breath, Balance, Thrive: Life Skill through Yoga, ‘Participation in the “Har Ghar Parivaar- Suryanamaskar” Project by Haryana Yog Aayog and AYUSH”**. An absolutely incredible project to create a strong culture of fitness, well – being and growth of the people of the State of Haryana through the practice of Surya Namaskar, the Classical way of Fitness & Exercises and also represents our Culture

Resource Person: Ms Jyoti Sharma, Yoga Instructor, Department of Ayush, Gurugram

Event Timings: 10:00 AM

Date: February 4, 2025

Venue: Yoga Lawn, Hostel, KRMU

Event Type: Skill-Based Activity

Target Audience: Pan-University Students and Staff

Faculty Coordinators:-

Dr. Manju Rani (Assistant Professor, SOHS)

Dr. Madhurima Mukherjee (Assistant Professor, SOHS)

Requirements: Budget attached

S.No	Category	Units	Amount
1	Honorarium for expert	1	2000
2	Refreshment for students	1	1000

Dean SOHS

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