

Activity Report

MATS SCHOOL OF FASHION DESIGNING AND TECHNOLOGY

- 1) Date :29/06/2019
2) Department :MSFDT
3) Course :BSc FDT(H)
4) Semester : 3RD & 5TH
5) Students Present : 25

- Activity Name : Yoga class
- Brief Detail -

Mats school of fashion designing & Technology had organised yoga classes on 29/06/2019 (Saturday). Experts from the Isha Foundation taught different yoga postures to the students with their benefits for best healthy life style. All students of FD & ID participated very actively in yoga class. Overall activity was very good & enthusiastic.

Remarks

The activity was good enough to encourage the students about yoga benefits.

Expert Name & Sign: Dr. Shikha Vishwakarma Shikha

Activity Conducted By: Isha foundation

1) Faculty Name: Mrs. Vijaya Vaishnav

Signature

2) Faculty Name: Mr. Satyam Vishwakarma

Signature



Mrs. Parvinder Kuar

H.O.D

Mats School of fashion Designing & Technology