

# Dr. Virendra Swarup Institute of Professional Studies

## Yog and Physical Health

2017-18

Date	Programme
17.03.2018	Yoga Workshop
01.09.2017	Kho-Kho Competition
09.09.2017	Kho-Kho Competition

2018-19

Date	Programme
22.02.2019 &23.02.2019	Yoga Workshop
01.09.2018 07.09.2018	Kho-Kho Competition

2019-20

Date	Programme
04.09.2019 & 07.09.2019	Badminton Competition
17.01.2020 18.01.2020	Yoga Shivir

2020-21

Date	Programme
16.06.2021 to 21.06.2021	5 days online workshop





