

GOVT. DEGREE COLLEGE FOR WOMEN KATHUA-184101

Dr. Y.P. Kundal
Principal

College Website: www.gdcwkathua.in

Ph. No. 01922-232647

Mob. No. 94191-63028

Email: womencollegekathua@gmail.com

Report

Celebration of International Yoga Day

The Ek Bharat, Sreshtha Bharat(EBSB) Club of Govt. Degree College for Women Kathua celebrated the **International Yoga Day** on 21-06-2020. The main aim of Celebration was to make students aware about the importance of Yoga in times of Covid-19 and about the importance of Yoga to provide physical, mental and Spiritual well being . The videos about various Yoga Asanas were shared among the students. The students were motivated to practice Yoga in their day today life. The students were advised to watch the videos on regular basis and learn & practice the various Yoga Asanas. The students also made posters showing the importance of Yoga in their day today life. The activity was conducted under the supervision of Ms Ravinder Kour, Nodal Officer, EBSB Club.

Sd/-
PRINCIPAL