

**G.H.G. Harparkash College of Education for Women, Sidhwan Khurd
Ludhiana- 142024 (Punjab)**

Celebration of International Yoga Day

G.H.G Harparkash College of Education for Women, Sidhwan Khurd observed International Yoga Day on 21st June, 2021. Two programs were organized to mark the occasion. Internal Quality Assurance Cell (IQAC) of the college in collaboration with Bhartiya Yog Sansthan organized an offline Yoga session in which all the staff members (Teaching & Non-Teaching) participated. The resource person of the day was S. Manmohan Singh, Yoga Practitioner from Bhartiya Yog Sansthan, Ludhiana. He enlightened about Yoga Asanas and Pranayama. Sri. Pawan Sethi, Yoga Practitioner demonstrated Yoga Asanas and Pranayama. The college Principal Dr. Amandeep Kaur shared her views that Yoga should be an inseparable part of our daily routine. In this phase of pandemic Yoga can help us to boost our immunity and to lead a healthy life. Under supervision of NSS Programme Officers Dr. Jagminder Kaur and Dr. Jaspreet Kaur, NSS unit of the college conducted an online 'Workshop cum Yoga Session'. The college students, in general, and NSS volunteers, in particular, participated in the programme. The resource person for the workshop was Mrs. Gurpreet Kaur, Assistant Professor, Deptt. of Physical Education. She threw light on history, importance in daily life and health benefits of Yoga. NSS volunteer Ms. Manali, B.Ed. student, demonstrated Yoga Asanas and Pranayama. The students performed and enjoyed these Yoga activities.



Principal
G.H.G. Harparkash College
of Education for Women
SIDHWAN KHURD (Ld.)