

**G.H.G. HARPARKASH COLLEGE OF EDUCATION FOR WOMEN, SIDHWAN**  
**KHURD, LUDHIANA**

**REPORT OF CELEBRATION OF INTERNATIONAL YOGA DAY**

**2023-24**

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. On 21st June 2024, GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana celebrated International Yoga Day. It was organized by NSS unit and Cultural Events Committee of the college. The event began with a brief introduction on Yoga Day by Dr. Ajay Kumar, NSS Programme officer and by welcoming Principal Dr. Amandeep Kaur, Staff members and students of the college.

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously by NSS Volunteers. The celebration concluded with the speech of our worthy Principal madam Dr. Amandeep Kaur. She encouraged students to practice regular yoga to remain fit and improve concentration and also addressed the participants on the importance of yoga practice in our life.

All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. A total of 49 students participated in the event. The function ended with a vote of thanks by Dr. Geeta Kundi, NSS Prog. Officer.



NSS Prog. Officers

Dr. Ajay Kumar

Dr. Geeta Kundi *Geeta Kundi*

*Kaur*  
Princip

Dr. Amandeep Kaur

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