

# **International Day of Yoga 18 to 20-06-2021**

**Name of The Activity: International Day of Yoga**

**Date : 18 to 20-06-2021**

**Number of Participant: 27**

International Day of Yoga was celebrated by the National Service Scheme in collaboration with Department of Education with 3 day Yoga camp from 18 June to 20 June, 2021. The students of different departments of college participated in the camp. On day 1, a webinar was organized in which a student of department of languages, Yashpreet Kaur (District Level winner) shared her views on importance of yoga for maintaining healthy life and made the participants aware about it. On Day 2 and Day 3, the Common Yoga Protocol of AYUSH Ministry, Government of India, were shared with the participants to practice various Yoga exercises at home. E-Certificates were given to the participants who successfully completed and performed yoga exercises in the 3 day camp.

Youtube Link: <https://youtu.be/WUdgRIBfnGE>



BABBAR AKALI MEMORIAL KHALSA COLLEGE  
GARHSHANKAR (HOSHIARPUR), PUNJAB - 144527  
Affiliated to Panjab University, Chandigarh

**National Service Scheme**  
in collaboration with  
**Department of Education**

Organises

**3- Day Yoga Camp**

From: June 18, 2021 to June 20, 2021  
Time: 5:00 p.m. to 6:00 p.m.

**Day 1**

Yoga  
Discussion  
Session

**Day 2**

Common  
Yoga  
Protocol

**Day 3**

Common  
Yoga  
Protocol

**Click here to Register**

**Organising Committee:**

Programme Officers(NSS)  
Dr. Arvinder Singh (Boys Unit)  
Prof. Naresh Kumari (Girls Unit)

Department of Education  
Prof. Sangha Gurbaksh Kaur (MoD),  
Prof. Naresh Kumar  
Prof. Preetinder Kaur, Prof. Kiranjot Kaur