

## 8th International Day of Yoga celebrated At GCW Udhampur 20& 21 June 2022

Two days workshop on the eve IDY-2022 organized Department of Sports and NSS wing of government college for Women Udhampur under the guidance of worthy Principal Prof Monika Sharma concluded today. Despite the ongoing summer vacations approximately 100 students of different streams and semesters actively participated in training program.

The yoga training sessions were conducted by Dr Dinesh Kumar physical Director.

The program was coordinated by Sanjay Kumar assistant professor of philosophy and was actively attended by other staff member's Yashpaul Assistant professor of history, Yash Kumar assistant professor of music.

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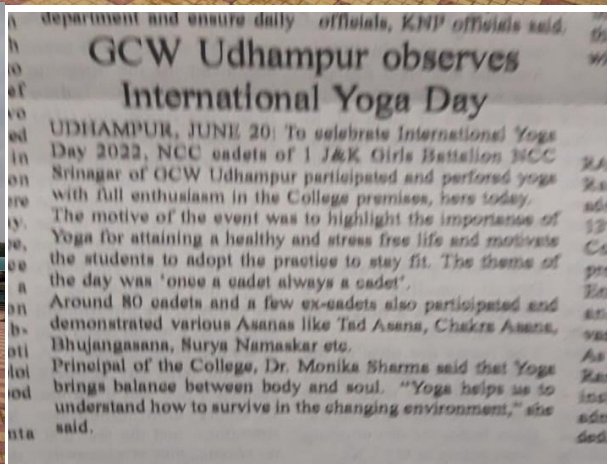
### Workshop on IYD concludes

UDHAMPUR, JUNE 21

Two days workshop on the International Day of Yoga-2022 organized by Department of Sports and NSS wing of Government College for Women(GCW) Udhampur under the guidance of Principal Prof Monika Sharma concluded here today. Despite the ongoing summer vacations approximately 100 students of different streams and semesters actively participated in the workshop. The yoga training sessions were conducted by Dr. Dinesh Kumar physical Director Sports Department, GCW Udhampur. The program was coordinated by Assistant Professor of Philosophy Sanjay Kumar and was actively attended by other staff members Assistant professor of History Yash Paul, Assistant Professor of Music Yash Kumar.

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Main Edition  
22 Jun, 2022 Page No. 5  
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