

GURU NANAK KHALSA COLLEGE FOR WOMEN

MODEL TOWN, LUDHIANA

REPORT ON

INTERNATIONAL YOGA DAY

June 21, 2023



Participated in Quiz Competition

The staff and students of GNKCW participated in Quiz Competition to commemorate on the occasion of International Day of Yoga on mygov web portal to remind people across the globe about the benefits of Yoga, and to build enduring public interest in Yoga by highlighting its importance and contributions to public health.





Certificate of Participation

Ministry of AYUSH & MyGov Congratulate
Chandni

for successfully completing the International Day of Yoga 2023 Quiz 2.0
We acknowledge your effort.
Keep participating...!

Ms. Kavita Garg
Joint Secretary, Ministry of Ayush



Certificate of Participation

Ministry of AYUSH & MyGov Congratulate
Esha Mittal

for successfully completing the International Day of Yoga 2023 Quiz 2.0
We acknowledge your effort.
Keep participating...!

Ms. Kavita Garg
Joint Secretary, Ministry of Ayush



Certificate of Participation

Ministry of AYUSH & MyGov Congratulate
Harnetkaur

for successfully completing the International Day of Yoga 2023 Quiz 2.0
We acknowledge your effort.
Keep participating...!

Ms. Kavita Garg
Joint Secretary, Ministry of Ayush



Certificate of Participation

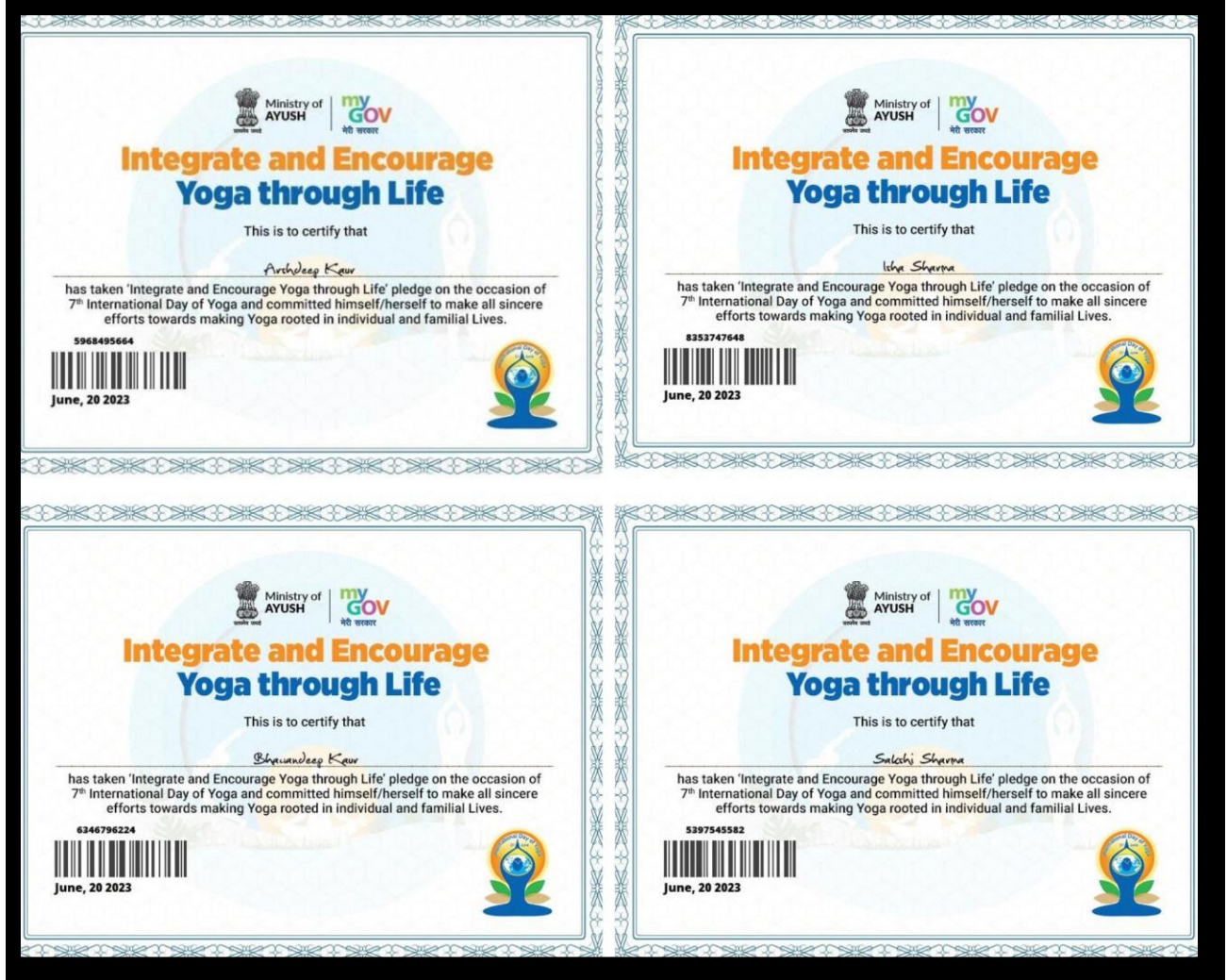
Ministry of AYUSH & MyGov Congratulate
Manpreet Kaur Saini

for successfully completing the International Day of Yoga 2023 Quiz 2.0
We acknowledge your effort.
Keep participating...!

Ms. Kavita Garg
Joint Secretary, Ministry of Ayush

'Integrate and Encourage Yoga through Life' pledge

The staff and students of GNKCW undertook 'Integrate and Encourage Yoga through Life' pledge on the occasion of International Day of Yoga on mygov web portal to consciously make all sincere efforts towards making yoga rooted in individual and familial lives.





Integrate and Encourage Yoga through Life

This is to certify that

Pooja Tavar

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

9275788966



June, 20 2023



Integrate and Encourage Yoga through Life

This is to certify that

Pavleen Kaur

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

2784228324



June, 20 2023



Integrate and Encourage Yoga through Life

This is to certify that

Ashu

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

4687649339



June, 20 2023



Integrate and Encourage Yoga through Life

This is to certify that

Purshaj Kaur

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

5968495664



June, 20 2023



Organized Yoga Session for students

Under the aegis of IQAC, NCC Unit, NSS Wing of Guru Nanak Khalsa College for Women, Ludhiana celebrated International Yoga Day on June 21, 2023, as per the directives of Ministry of Education, Government of India, under the theme 'Vasudhaiva Kutumbakam'. On this day, a yoga session was organized to raise awareness among students the numerous benefits of yoga and to promote its holistic approach for physical, mental, and spiritual well-being. The event was coordinated by Ms. Asha, Care taker officer of the NCC unit and Dr. Neetu Prakash and Mrs. Satwant Kaur, Program Officers of the NSS unit.

Principal, Dr. Maneeta Kahlon the underlined the major benefits of yoga and explained how regular yoga practice may reduce levels of stress, body-wide inflammation and contributes to healthier hearts.

GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA
SERVICE

G20
भारत 2023
कर्म कुटुम्बकम्
ONE EARTH - ONE FAMILY - ONE FUTURE

Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC
National Cadet Corps (NCC) Wing & NSS Unit
celebrate

International Day of Yoga
21 June

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

रा कै को
NCC
एकता और अखण्डता

Yoga for Vasudhaiva Kutumbakam

Principal
Dr. Maneeta Kahlon

NSS Programme Officers
Dr. Neetu Prakash
Mrs. Satwant Kaur

NCC Officers
Lt. Sukhjit Kaur (ANO)
Ms. Asha (CTO)





Organized yoga session for Non-Teaching as well as supporting staff

GNKCW organized a rejuvenating yoga session for Non-Teaching as well as supporting staff on the auspicious occasion of International day of Yoga on June 21, 2023. Our esteemed staff members gathered to embark to experience the restorative effects of yoga, promoting physical flexibility, mental clarity, and a sense of overall well-being.

Principal, Dr. Maneeta Kahlon, encouraged staff members to cultivate inner calmness, mindfulness, and a sense of renewal.





Ludhiana, Punjab, India

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141002, India

Lat 30.886765°

Long 75.84354°

21/06/23 11:04 AM GMT +05:30

Neetu Prakash
Dr. Neetu Prakash
Satwanti Kaur
Mrs. Satwanti Kaur

NSS PROGRAMME OFFICERS

NSS Programme Officer

Maneeta
Dr. Maneeta Kahlon
PRINCIPAL
Principal
G.N. Kh. College for Women,
Model Town, LUDHIANA.