

GURU NANAK KHALSACOLLEGE FOR WOMEN

MODEL TOWN, LUDHIANA

NSS UNIT, NCC WING, RED RIBBON CLUB AND Department of Physical Education

Celebrated

International yoga day

June 21, 2025



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NSS PROGRAMME OFFICERS

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PRINCIPAL
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YOGA SESSION

Under the aegis of the IQAC, the NCC Unit, NSS Unit, and Red Ribbon Club in collaboration with Department of Physical Education of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated International Yoga Day on June 21, 2025. The event aimed to raise awareness about the physical, mental, and spiritual benefits of yoga and to encourage its regular practice among youth.

The day commenced with a vibrant yoga session conducted by Ms. Raj from Yogini Yoga and Bungee Studio, along with her team of experienced instructors. They guided the students through a series of yoga asanas, pranayama (breathing exercises), and meditation techniques. The session helped students understand how yoga contributes to overall well-being by promoting flexibility, strength, focus, and inner calm.

Madam Principal, Dr. Maneeta Kahlon appreciated the sincere efforts of the participating students, and faculty members for successfully organizing the event and making it impactful.





ONLINE PLEDGE AND QUIZ

As part of the nationwide celebration, students also participated in an online pledge and quiz hosted on the official MyGov portal. The online pledge allowed students to commit themselves to practicing yoga regularly for a healthy lifestyle, while the quiz tested their knowledge about the origin, philosophy, and significance of yoga.



