



GOVERNMENT DEGREE COLLEGE BISHNAH

RED RIBBON CLUB



**Organising three day Inter-College Activity on the International YOGA Day
Under the theme, "YOGA Natural Immunity Booster against COVID"**

[Celebrating Azadi Ka Amrit Mahotsav]

Program Details

Day-1 (19-June, 21) Video making Competition on the Event

Day-2 (20-June, 21) Webinar on Yoga Session [at 11 A. M. to 12 P.M.]

**Day-3 (21-June, 21) Essay writing competition on the Topic Role of Yoga on
Facing the challenges of COVID-19 (In English, Hindi, Urdu)**

To join/register please click on the link given below(All the details will be provided in the
whatsapp group)

<https://chat.whatsapp.com/FlngDC94D5vGOjrNaPPeHF>

Our Resource Person

**Neelam Kumar Sharma [Yoga Therapist and Naturopathy unit incharge
in Government Ayurveda Hospital Indra Chowk Jammu]**

Chief Patron

**Dr. Anuradha Pandoh
(Principal)**

Organizing Committee

**Ms.Ratika Sharma (Assistant Professor)
Nodal Officer-1**

**Dr. Sheetu Raina (Assistant Professor)
Nodal Officer-2**



INTERNATIONAL
YOGA DAY