



Post Graduate Government College for Girls

Sector 42, Chandigarh



Yoga For Harmony & Peace

Invites you to participate in

International Yoga Day - "Yoga for Well Being"

organized by Olympic Movement Society of PGGCG – 42, Chandigarh under the aegis of Ministry of Education, New Delhi to celebrate "AZAADI KA AMRUT MAHOTSAV –INDIA@75"

on 21 June 2021

Patron

Prof. (Dr.) Nisha Aggarwal
Principal, PGGCG-42, Chd

Overall Convener

Prof Sudhir Hindwan
Professor, PGGCG-42, Chd

Convener

Dr Ram Niwas Yadav
Associate Professor, PGGCG-42, Chd

Co Convener

Dr Preeti Sharda
Librarian, PGGCG-42, Chd

Dr Shefali Malhotra

Assistant Professor, PGGCG-42, Chd

Common Yoga Protocol

Physical Demo By

Ms Pooja

MSc, MBT, B.ED (Yoga)

at PGGCG-42 Campus

from 6:15 AM to 7:00 AM

Online Lecture by

Dr Jagbir Singh

Mental Conditioning Trainer and Sports Psychologists

on "Mind Power" at 7:00 AM

Link to Join:

<https://www.youtube.com/watch?v=PUrX04Xd2P0>

Other Activities

- Take A Pledge "I Pledge to make YOGA an Integral Part of my Daily Life" at <https://yoga.ayush.gov.in/>
- IDY Jingle: Write and compose a Jingle at <https://www.mygov.in/user/login?r=node/318191>
- Photography Competition: Upload a photo while doing yoga at home till 12.30 PM, 21 June 2021 <https://forms.gle/f3MA93vcT3E6hZ3f7>

For Quieres contact 0172-2672008; pggcg43webinar@gmail.com