

## **Post Graduate Government College for Girls, Sector 42, Chandigarh**

### **CELEBRATION OF INTERNATIONAL YOGA DAY (21<sup>ST</sup> JUNE 2024)**

The NSS and NCC wing of Post Graduate Government College for Girls Sector 42, Chandigarh observed 10<sup>th</sup> International Yoga Day in the college campus. The theme of IYD was "Yoga for Women Empowerment" aiming to spread yoga as a global movement with the focus on improving women's health and peace as well as world peace. The yoga programme started at 6 AM in the morning. More than 200 hundred volunteers enthusiastically participated in the event. The yoga session was taken by Major Chhavi Pareek (Administrative officer, 1Chd Girls BN NCC, Chandigarh). She very well instructed the students about various yoga-asan and explained its importance for mental physical and mental well-being. The volunteers were also made to understand the significance of yoga in maintaining physical, mental and spiritual health. Principal, Prof (Dr) Nisha Aggarwal, also attended the IYD and practiced yoga with all the volunteers.







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