



**GOVT. GENERAL ZORAWAR SINGH MEMORIAL DEGREE COLLEGE REASI**  
**(Affiliated to the University of Jammu)**  
**NAAC Accredited "B"** **Estd.2003**



is organizing online National Level activities

on

INTERNATIONAL DAY OF YOGA

w.e.f. 16th –21st of June 2020

Theme : *Yoga for boosting immunity  
and relieving stress*



Patron

**Dr. Chander Shekhar**  
Principal

Convener

**Prof. Vinay lata**  
HOD , Dept. of Psychology

Co-convener

**Dr. Amit Bali**  
NSS Program Officer

Organizing secretary  
**Prof. Sunil Magotra**  
NCC Coordinator

Coordinator

**Dr. Rajinder Kumar**  
Dept. of Psychology

### Activity 1

- ◆ Upload 1 –2 minute video while performing Yoga Aasan.
- It can be an individual or family video.
- Mention your name, name of Yoga Aasan and its benefits in few words.

### Activity 2

Upload Pic / Poster/Painting/  
Slogan about  
yoga and its benefits in  
boosting immunity and  
relieving stress.

⇒ **Deadline: All entries should be sent by 21st June 2020 before 4:00 PM.**

⇒ **Participants : Open for all college /university level students.**

⇒ **Details to be submitted : Name, name of college/institution, semester/ class, E-mail , contact no., state/UT**

⇒ **Participants will be awarded with E –certificates on their respective E-mails.**

⇒ **Entries should be sent on : [vinay007.lata@gmail.com](mailto:vinay007.lata@gmail.com) or on whatsapp no. 7006875488 , 9149472940**

*Yoga is like music. The rhythm of the body, the melody of the mind, the harmony of the soul creates the symphony of life.*  
*By B.K.S. Iyengar*