



Government of Jammu and Kashmir
**Government Degree College
 Ganderbal**



YOGA DAY 2020

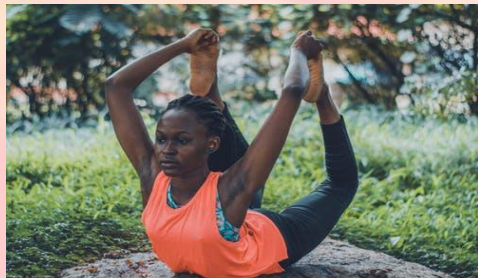
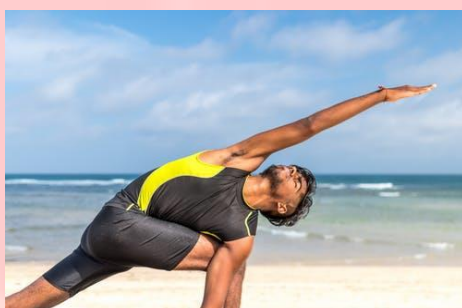
"Celebration of 6th international Yoga Day, 21st June 2020"

Organized by:

Department of Physical Education & Sports, NCC & NSS Wings of the College

Activities		Event Rules
Perfect Asana Competition <ul style="list-style-type: none"> • 30 Seconds video • Images (2 only) (21 st June, 2020)	Online Quiz Competition on Yoga and its Impact on Health (20th June-2020)	<ul style="list-style-type: none"> • All activities will take place through E-Mode. • Students from all colleges across J&K can participate. • A student can participate in all the three events. • The activities will commence on 20th & 21st June, 2020 at 11:00 am sharp as mentioned in activities section.
Submit on e-mail: gamukgulab@gmail.com	Submit details on the link below: https://docs.google.com/forms/d/e/1FAIpQLSetnwHpSdk-sBN3Sobvw2dButTiO6RBCJeKpCqzH926M1ZK-A/viewform?vc=0&c=0&w=1&usp=mail_form_link	
	Poster Making on Asanas & Mudras Competition. (21 st June, 2020)	
	Submit on e-mail: Syedinu14@gmail.com	

The 1st, 2nd & 3rd positions in all the activities will be provided with E-Certificates and Prizes



Patron Prof. Bashir Ahmad Parry. (Principal)
Coordinators <ol style="list-style-type: none"> 1. Dr. Ishtiyahq Ahmed Najar. (NSS Programme Officer) 2. Mr. Manzoor Ahmad. (NCC Programme Officer) 3. Dr. Syed Anayat Hussain. (Physical Director)

For participation in Perfect ASANA/Essay Competition at divisional level, interested students may register themselves on the website: www.gcwmaroad.edu.in or can link on <https://form.iotform.com/gcwmaroad/yoga>