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# राजकीय स्नातकोत्तर महाविद्यालय

## बाजपुर (ऊधमसिंह नगर) उत्तराखण्ड

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### **Event report: International Yoga Day**

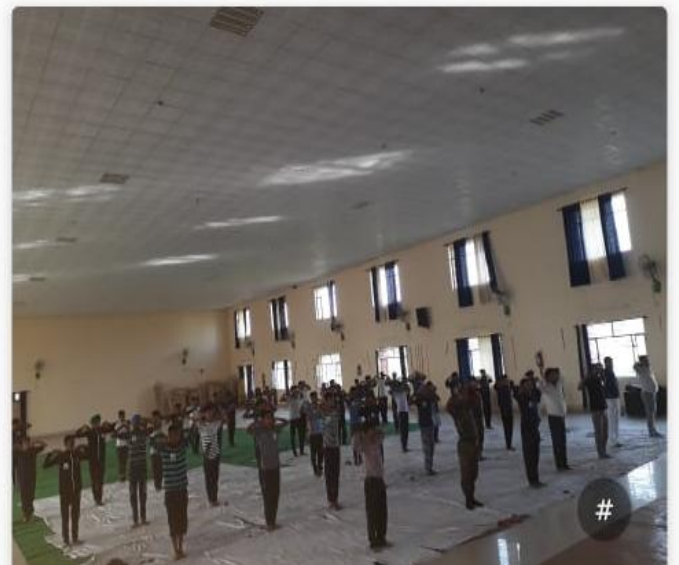
Session 2019-20

**Date: 21-06-2019**

The International Yoga Day celebration on date 21-06-2019 at Government PG College Bazpur proved to be a resounding success, with the active participation of the college staff and students. The event successfully promoted the practice of yoga and its role in enhancing overall well-being. The college's commitment to encouraging healthy lifestyles and holistic development among its students was evident throughout the program.

The event begun with the inaugurating lecture of Dr. Kamla Chanyal (Principal, GPGC bazpur). After that Yoga instructor Mr. Ranjit singh took over the stage and performed various Yogasana and the students followed him.

International Yoga Day celebration at Government PG College Bazpur served as a platform to promote the ancient practice of yoga and its manifold benefits. The event brought together the college community and fostered a sense of unity and well-being among the participants. It is through such initiatives that the college aims to create an environment that nurtures physical, mental, and spiritual growth among its students, staff, and the larger community.





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