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राजकीय स्नातकोत्तर महाविद्यालय

बाजपुर (ऊधमसिंह नगर) उत्तराखण्ड

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Event report: International Yoga Day

Session 2020-21

Date: 21-06-2020

Due to the COVID-19 lockdown measures implemented across India, the Government PG College, Bazpur organized the International Yoga Day celebration through online format. The event aimed to commemorate the significance of yoga in promoting physical and mental well-being, even during these challenging times. The entire college staff, along with the students from the NCC and NSS, actively participated in the program, showcasing their dedication towards yoga and fitness.

In adherence to social distancing guidelines, the college encouraged students to celebrate International Yoga Day from the safety of their homes. Students were requested to record videos and capture photos of themselves performing yoga asanas (postures) and engaging in physical activities. These recordings served as proof of their active participation in the event.

The event not only focused on physical fitness but also emphasized the mental and emotional aspects of yoga. The participants were encouraged to practice mindfulness and engage in meditation exercises to alleviate stress and maintain mental equilibrium during these challenging times.

In conclusion, the online celebration of International Yoga Day at Government PG College Bazpur highlighted the importance of yoga in maintaining physical and mental well-being, even during the COVID-19 lockdown. The event showcased the collective determination of the college community to adapt and continue fostering a healthy and holistic lifestyle, while adhering to safety guidelines. It served as a reminder of the transformative power of yoga and its ability to bring people together, even in virtual spaces.

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