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PRESS RELEASE

In commemoration with Azadi ka Amrit Mahotsav **NSS & NCC unit**, in collaboration with Cultural committee of GDC Sunderbani in its series of activities to celebrate “**International Yoga Day-2022**” organized several activities.

On 1st day 20th June 2022 volunteers were asked to send video clips while performing yoga on the theme “**Yoga for health-yoga at home**”. While performing yoga, Saloni Sharma of BA Semester 6th Secured 1st position, Rohit Kumar of BA semester 4th secured 2nd position, and Sachin Sharma of BA Semester 4th secured 3rd position.

On 21st June 2022 Slogan writing and essay writing competition were organised. In essay writing competition Rohit Kumar of BA Semester 4th Secured 1st position, Abhinadan Sharma of BA semester 4th secured 2nd position, and Sachin Singh of BA Semester 4th secured 3rd position. In Slogan writing competition Abhishek Sharma of BA Semester 2nd Secured 1st position, Ankush Kumar of BA semester 4th and Ashok Kumar of BA Semester 2nd secured 2nd position, and Gourav Sudan of BA Semester 2nd secured 3rd position.

The two days programme was conducted under the guidance of Prof. Dr Vandana Gupta, Principal of the college, Dr. Pares Shastri presented brief introductory speech on the importance of yoga in modern age. The entire programme was coordinated by Prof. Sham, Prof Sheeraz kousser and Prof Rabinder Kumar



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