

CELEBRATION OF INTERNATIONAL YOGA DAY

BY
SPORTS CLUB

GOVERNMENT DEGREE COLLEGE KULGAM

UNDER THE AEGIS OF

EK BHARAT SHRESTHA BHARAT (EBSB)

2021 THEME: YOGA FOR WELL-BEING

The Day will be marked at a time, when COVID-19 pandemic continues to upend lives and livelihoods of people globally. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects. The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing Yoga to stay healthy and to fight social isolation and depression has been witnessed during the pandemic.

INSTRUCTIONS FOR PARTICIPANTS

1. For registration, please call Mr. Waseem Ahmad Mantoo on 9596563177 or 7889912007.
2. Minimum number of participants shall be allowed on first cum first serve basis due to COVID-19 restrictions. Confirmation will be communicated soon as possible.
3. Abide strictly by the COVID-19 SOPs.



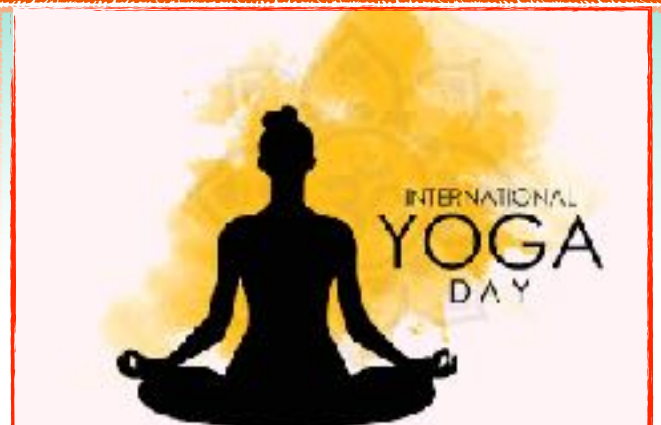
PATRON
DR. NAZIR AHMAD SIMNANI
PRINCIPAL

EBSB COORDINATOR
DR. ARIF AHMAD WANI

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DR. SHAHZADA ASHRAF MAQBOOL

PHYSICAL TRAINING INSTRUCTOR
MR. WASEEM AHMAD MANTOO

ADVISORY
DR. SHABIR AHMAD PADDER
DR. AIJAZ AHMAD WANI
DR. MOHD YOUNES BHAT
DR. AARIF MALIK
MR. SHAMIM AHMAD (APTI)



Monday, 21 June 2021 11:00 AM VENUE: BOYS LAWN