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### **PRESS RELEASE**

#### **GDC Kunjwani celebrates International Yoga Day**



Govt. Degree College Kunjwani celebrated International Yoga Day on 21-06-2025 on this year's theme "Yoga for One Earth, One Health" by Sports and Physical education department under the aegis of Shikshit Bharat Abhiyan. The theme emphasizes the double benefits of yoga practice: enhancing personal well-being and improving society at large.

An expert Yoga teacher, Dr. Madhu Singh, Medical Department initially briefed about the essence of yogic exercises on the health of individuals. She shared her experience & wisdom about her decade's long Yoga practice. The program commenced with warm-up exercises during which many students along with the faculty members actively participated. They performed various Yogasanas with simultaneous explanations of their significance. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The entire college was made aware of the valuable gift of this ancient tradition- Yoga, which embodies unity of mind and body, thought and action, harmony between man and nature, peace of mind, health and well being of the entire humanity.

The whole event was organized under the able guidance of Prof. Baljinder kour. Prof. Risha Kumari, Convener, Shikshit Bharat Abhiyan also shared the reflections on the significance of Yoga in personal and community wellness.

The Programme concluded with a collective pledge to adopt yoga not only as a wellness tool but as a way of living harmoniously with the environment.

Principal