

GHGKCE



2024 /  
2025

# Monthly Report June

International Yoga Day  
Celebration at GHG Khalsa  
College of Education



**International Yoga Day**



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June 21, 2024



## June Monthly Summary



ਜੀ.ਐੱਚ.ਜੀ. ਖ਼ਾਲਸਾ ਕਾਲਜ ਦੇ ਸਟਾਫ਼ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਵਲੋਂ ਜੂਮ ਪਲੇਟਫਾਰਮ 'ਤੇ ਮਨਾਏ ਗਏ ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗਾ ਦਿਵਸ ਦੀ ਤਸਵੀਰ। ਅਜੀਤ ਝਾਰਖੋਰ

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### Introduction

On June 21, 2024, the NSS wing of GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana, celebrated International Yoga Day via the Zoom platform, as the college was on summer vacation. The event was organized under the supervision of program officers Dr. Jagjit Singh and Dr. Mini Sharma. This virtual gathering aimed to emphasize the importance of yoga in maintaining good health, fostering individual well-being, and contributing to global peace.

### Event Highlights

Ms. Satleen Kaur, a renowned Yoga Instructor, was the resource person for the session. She spoke extensively on the manifold benefits of yoga, highlighting how it enhances physical health, promotes mental tranquility, and serves as a tool for societal harmony and world peace. Yoga, she explained, not only strengthens the body but also calms the mind, reducing stress and anxiety. Regular practice can lead to improved concentration, better sleep, and a more balanced lifestyle. By fostering inner peace and well-being, yoga contributes to creating a more peaceful society and world.

Ms. Satleen Kaur demonstrated various essential asanas during the session, guiding participants through each posture with detailed instructions. Students, dressed in comfortable attire and equipped with yoga mats, followed along from their homes. This interactive and practical approach allowed participants to experience the benefits of yoga firsthand.

### Participation

The event saw enthusiastic participation from students of B.Ed., M.Ed., and PGDGC programs, along with college faculty members. The online platform enabled a wide reach, allowing many to join despite the vacation period.



June 21, 2024



## Principal's Address

Dr. Pargat Garcha, Principal of GHG Khalsa College of Education, addressed the attendees, underscoring the significance of incorporating yoga into daily life. He emphasized that while International Yoga Day is celebrated annually on June 21, the practice of yoga should be a daily habit to reap its full benefits. Dr. Garcha encouraged everyone to integrate yoga into their routines to improve their physical and mental health continuously.

## Conclusion

Dr. Mini Sharma delivered the vote of thanks, expressing gratitude to Ms. Satleen Kaur for her insightful session and to all participants for their active involvement. She highlighted the successful execution of the event and the importance of continuing the practice of yoga regularly.



## Closing Remarks

The celebration of International Yoga Day by the NSS wing of GHG Khalsa College of Education was a resounding success. The event not only highlighted the numerous benefits of yoga but also reinforced the college's commitment to promoting holistic well-being among its students and faculty.

By adopting yoga as a regular practice, individuals can achieve better health, greater inner peace, and contribute positively to societal harmony and global peace.