

## CLEBRATION OF THE 12TH INTERNATIONAL YOGA DAY (21-6-2026)

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib The Physical Education Department of Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, in collaboration with the NCC, IKS Cell, NSS, and Red Cross Unit, celebrated the 12th International Yoga Day (21-6-2026) with great enthusiasm under the guidance of the College Principal, Dr. Jasvir Singh. On this occasion, Prof. Ashok Kumar, Gold Medallist in Yoga, conducted a special yoga session and guided the students through various yoga asana and pranayama exercises. He also highlighted the importance of yoga in maintaining physical fitness, mental well-being, and a healthy lifestyle. Around 50 students actively participated in the event. Kabaddi Coach Gurdev Singh and Athletics Coach Pradeep Maan of Singh Club, along with their athletes, were also present and encouraged the participants to adopt yoga as a part of their daily routine. The programme concluded with a message emphasizing the significance of yoga in promoting harmony between mind and body. College Principal Dr. Jasvir Singh appreciated the efforts of the Physical Education Department and all collaborating units for organizing the event successfully and motivating students towards a healthy and disciplined life.



