

International Yoga Day Workshop

19 June 2023 to 21-6-2023

The Department of Defence Studies & NCC Unit 23 PB. BN. NCC of SGTB Khalsa College celebrated **International Yoga Day**. A total of 100 Cadets of NCC participated in this program. Yoga Guru Prof. Ashok Kumar imparted the knowledge of yoga among the cadets and also performed and taught the yoga asanas to the cadets. Lt Sandeep Kumar was the Coordinator of this program.



