

**GOVERNMENT OF JAMMU AND KASHMIR.
DEPARTMENT OF HIGHER EDUCATION**



"Yoga, embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature; a holistic approach to health and well-being."

**Govt. Degree College Billawar (Kathua)
organises
Series of Inter College Activities on the Occasion of 6th
International Yoga Day, 21st June 2020.**

**Video Recording of 30- 45 second of
performing yoga (any Assans)**

- *Link will become active from 15th June 2020
(10:00 AM) to 19th June 2020 (2:00 PM)*

**Essay writing competition
on theme**

Yoga, "the key to wellness "
(Maximum word limit is 500 words)

- *Link will become active from 15th June 2020 (10:00 AM)
to 19th June 2020 (2:00 PM)*
- *Language: English, Hindi, Dogri and Urdu*

**Poster making/Slogan writing/Painting competition
on theme**

**effect of yoga on Health
(about various yoga Assans)**

- *Link will become active from 15th June 2020 (10:00 AM) to 19th June 2020 (2:00 PM)*

Note: Any participant can participate in multiple activities.

- Best 3 entries will be rewarded with 1st, 2nd, and 3rd positions in each activity.
- E-Certificate will be provided to all participants.
- *Link for uploading entries: https://docs.google.com/forms/d/e/1FAIpQLSetgA-ALrXDviGyGwSpDTTyPLaNtNp-BulkTx_pMWfKmD2Kzw/viewform?usp=sf_link*

**Patron:
Prof. Sunil Uppal
Principal,
GDC, Billawar**

**Convener:
Associate Prof. Sanjeev Kr.
Gupta**

**Organizing Committee:
Asstt. Prof. Yash Paul
Dr. Arun Sharma
Asstt. Prof. Rajni kumari
Asstt. Prof. Anil verma
Dr. Mohd Maqem**