

Three Days Workshop On Yoga to Celebrate International Yoga Day (2023)

The Department of Physical Education, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib organized three days workshop on Yoga (19/06/2023 To 21/06/2023) to celebrate International Yoga Day. In this workshop Mr., Ashok Kumar Assistant Professor in Physical Education (Yoga Gold Medalist) gave Yoga Training to the Students. In this three day Workshop Mr., Ashok Kumar Assistant Professor gave Demo of various Yogic Exercises (Asanas) and Breathing Exercises (Pranayama). The students showed keen enthusiasm about this workshop. More than 70 students participate in this Workshop. Dr Jasvir Singh College Principal also Appreciate The such types Efforts of Physical Education Department.





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