



Yoga: A way of making you mentally, spiritually and physically sound! Transcend from state of being in the state of sorrow to that of happiness with **Yoga!** Maintain the beauty of your soul and body by learning **Yoga!**



Government Degree College Sopore

is celebrating the International Yoga Day on 21 June 2020

by

Organizing the Inter-College activities

Online Essay Competition on

“Yoga, The Key to Fitness”

Maximum word limit of 200 words

In English/Urdu/Hindi to be mailed on

gdcopore.boys@jk.gov.in

Poster Painting competition on

“Yoga, The key to Fitness”

To be mailed on

gdcopore.boys@jk.gov.in

- All the students of Kashmir division colleges are cordially invited to participate in the said events.
- A participant can participate in both the activities.
- All the participants must mention their Name, Parentage, Class/Semester, Roll number to be displayed on the certificate
- E-Certificate will be given to participants.
- Awards will be distributed among top three position holders in both the events.
- Last date for submitting files for participation is 12:00 noon 21st of June 2020.

Patron:

Prof.(Dr.) Farooq Ahmad Malik
Principal
GDC Sopore

Organizers

1. Prof. Shamus ud din Shiekh
2. Prof. Imran Qadir
3. Prof. Mudasar Ahmad Shera