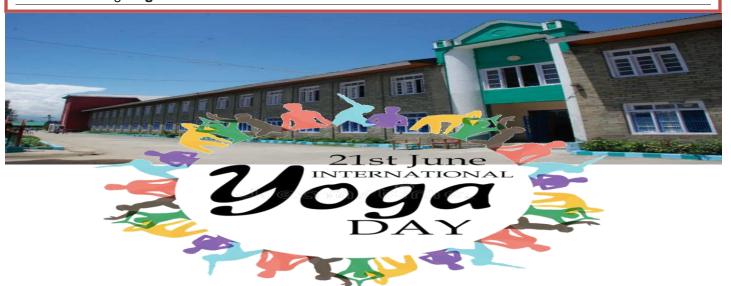


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Yoga: A way of making you mentally, spiritually and physically sound! Transcend from state of being in the state of sorrow to that of happiness with Yoga! Maintain the beauty of your soul and body by learning Yoga!



Government Degree College Sopore

is celebration 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
gdcsopore.boys@jk.gov.in

Poster Painting competition on

"Yoga, The key to Fitness"
To be mailed on
gdcsopore.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. Mudasir Ahmad Shera