



# GOVT. DEGREE COLLEGE KOTRANKA (RAJOURI)

Email Id: [gdckotranka@gmail.com](mailto:gdckotranka@gmail.com)

## CELEBRATES

### 6<sup>th</sup> INTERNATIONAL YOGA DAY (21-06-2020)

### THROUGH

<i>INTRA-COLLEGE</i>	<i>INTER-COLLEGE</i>
<ul style="list-style-type: none"><li>• Participation of college faculty, students and families in practicing <b>Yog Asana</b> on 21<sup>st</sup> June, 2020</li><li>• Participation in Essay Writing Contest by the students of this college on "<b>Yoga - the Key to Wellness</b>". The students are required to send their essay of up to 500 words in English Language up to 20<sup>th</sup> June 2020 on college Email Id: <a href="mailto:gdckotranka@gmail.com">gdckotranka@gmail.com</a></li></ul>	<ul style="list-style-type: none"><li>• Participation in the contest on <b>Anulom-Vilom Pranayama/any yog aasana</b> by the students of Degree Colleges of J&amp;K through a recorded video of 35 - 45 seconds' duration up to 21<sup>st</sup> June, 2020.</li><li>• <b>Link for registration:</b> <a href="https://forms.gle/q2NcvmMkZYLcgCPF9">https://forms.gle/q2NcvmMkZYLcgCPF9</a></li><li>• <b>Link to submit video:</b> <a href="https://forms.gle/wgtxEbnyp2uVih4j6">https://forms.gle/wgtxEbnyp2uVih4j6</a></li><li>• <b>WhatsApp No: 9821165604</b></li></ul>

- **Merit E-Certificate shall be presented to 3 toppers and participation E-Certificate shall be given to the remaining contestants.**



**"PRACTICING YOGA: PERFECTING LIFE"**

#### Organizing Committee

- Dr Mohd Mushtaq (Coordinator)
- Mr Ather Mehmood (Member)
- Miss Rubia Kouser (Member)

#### Patron

Dr. P. BAMBROO  
Principal  
GDC Kotranka