



GANGA DEVI MAHILA MAHAVIDYALAYA



NAAC accredited grade 'B'
Lohiya Nagar, Kankarbagh, Patna
A constituent unit of Patliputra University, Patna




Title: Be with yoga be at home

Date: 21.06.21

World Yoga Day celebration on 21.06.21

 Ganga Devi Mahila Mahavidyalaya
Patliputra University, Patna 


Invites All
To The Virtual Celebration of International Yoga Day
21st June 2021
Theme
Be with yoga, Be at home




Abhishek Karn
Yoga Expert
Patanjali Yogpeeth, Haridwar

**Date 21st June 2021, Time 4pm Through
Zoom App**

Organizer	Chairperson
Dr. Vidya (Asst. Prof.) Dept. of Home Science	Prof. Mani Bala Principal, GDMM




PRINCIPAL
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20

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SURYA NAMASHKAR



Benefits

- of Surya Namaskar
- A. It improves the blood circulation of all the important organs of the body.
 - B. Improves the functioning of the heart and lungs.
 - C. Strengthens the muscles of the arms and waist.
 - D. Makes the spine and waist more flexible.
 - E. Helps in reducing the fat around the abdomen and thus reduces weight.
 - F. Improves digestion.



Name:-Payal Sinha
Class:-BSc part-II Botany(Hons.)



Payal Sinha
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20



NAME-SARBIL KUMARI
CLASS-BA 2ND YEAR
HONS. POLITICAL
SCIENCE



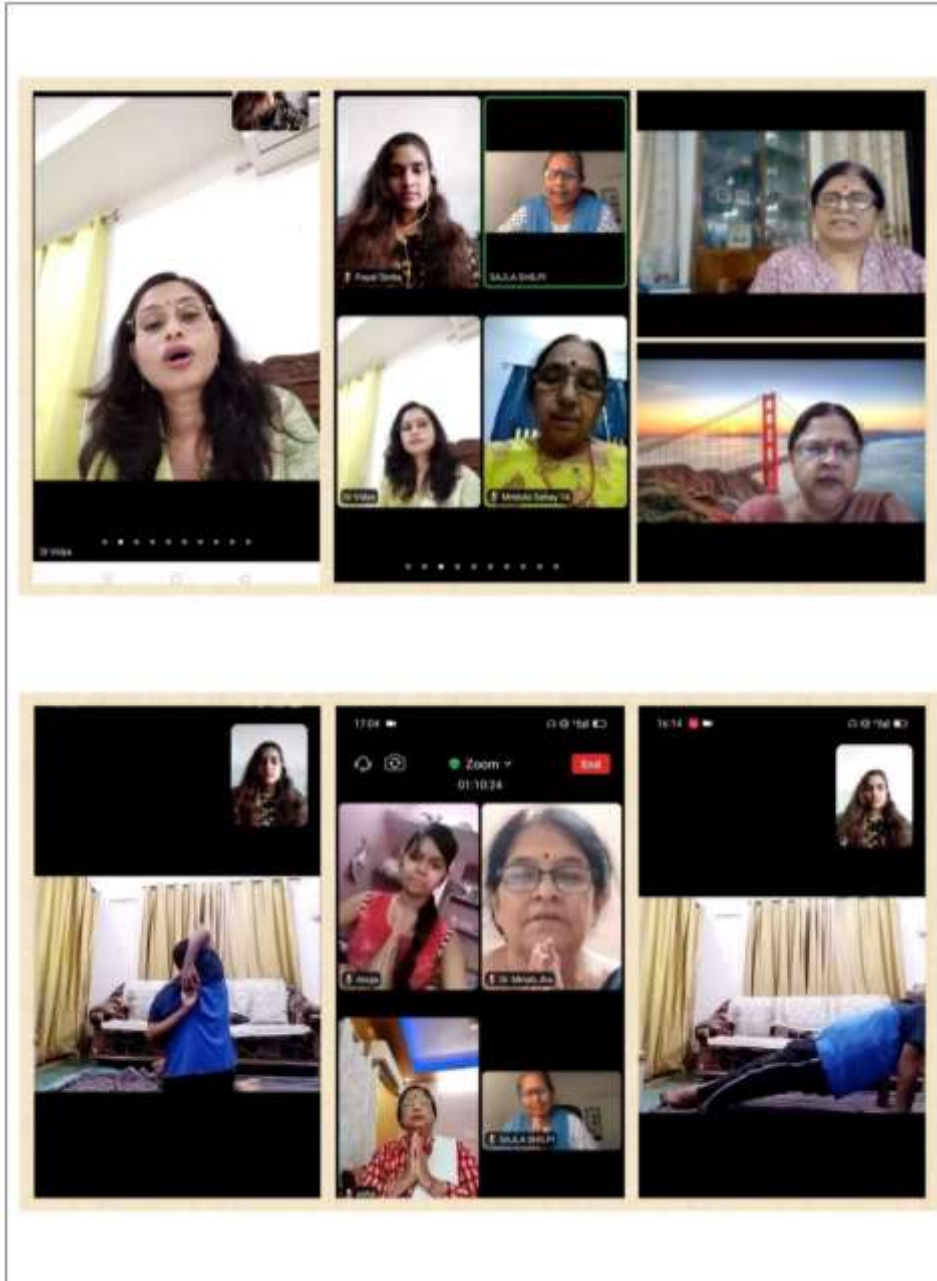
Janvi Anand
BA 1st year
Political
Science(Hons.)

Name - Jyoti Kishor
Class - B.Sc 1st Year
Subj - Zoology Hons
Topic - Yoga Photo Collage



Name- Akriti Bharti
BA part-I
Botany (Hons.)

Right Sheet
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20



Rinika Shree
PRINCIPAL
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20