



GANGA DEVI MAHILA MAHAVIDYALAYA

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



Title: Yoga at Home and Yoga with Familt

Date: 21.06.20

Yoga day celebration during lockdown in 2020



Ganga Devi Mahila Mahavidyalaya
Patliputra University, Patna

Invites All
To The Virtual Celebration of International Yoga Day
21st June 2020

Theme
"Yoga at Home & Yoga with Family"



Mrs. Yashanti Singh
Yoga Expert
Patanjali Yogreth, Haridwar

Date - 21st June 2020, Time - 5:00pm to 6:00pm, Through Zoom App

Organiser
Dr. Vidya (Asst. Prof.)
Dept. of Home Science

Principal
Prof. (Dr.) Manibala



Program Schedule for Virtual Celebration of International Yoga Day, GDMM, PPU, Patna -20

Date - 21st June 2020
Time - 5.00pm to 6.00pm, Event

5:00pm to 5:05pm - Introduction by Dr. Vidya
5:05pm to 5:10pm - Welcome Address by Principal Prof. (Dr.) Manibala
5:10pm to 5:30pm - Yoga Practice with Mrs Yashaswi Singh
5:35pm to 5:55pm - Quiz Competition on Yoga
5:55pm to 6:00pm - Vote of Thanks by Dr. Vidya

- After 40 minutes we have to rejoin our session with same Id and password.
- You all are requested to mute your microphones during the session.
- Students are requested to write the correct answer in chat box with their name, year & department.



Rinshu Shree
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20