

# Post Graduate Govt. College for Girls Sector-11, Chandigarh



## Department of Physical Education

### Report 2022-23

#### INDEX

S.No	Activity	Date	PAGE NO
1.	International Yoga Day celebration	21/6/ 2022	2-5
2.	Talk on Techniques of breathing	13/10/2022	6-7
3.	66 <sup>th</sup> Annual Athletic meet	1/3/2023	8-12

Convenor  
Community Hygiene and Public Health Society,  
PGGCG-11, Chandigarh

Principal  
PGGCG-11  
Chandigarh

**POST GRADUATE GOVT. COLLEGE FOR GIRLS, SEC-11 CHANDIGARH**

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

**INTERNATIONAL YOGA DAY 2022**

International Yoga Day is celebrated on 21st June annually. The whole world comes together and practices Yoga Asanas on this day for better health and well-being.

Under the able guidance and support of Madam Principal, Prof. Dr. Anita Kaushal, International yoga day was celebrated in PGGCG11CHD with full enthusiasm. Event was organized by the Department of Physical education and sports. More than 300 students participated and do yoga in college auditorium with live session onscreen of prime minister Narendra modi's in Mysore, karnatka.

Students shows full discipline and listen the prime minister's speech and then did yoga along with PMO Narendra modi.



*students doing Alomvilompranayam*

Dr. Rajesh Kumar (HOD) motivates the students to participate in the event with full energy and calm mind. Dr. Anu sharma along with other staff members Ms. Ramandeep kaur and Mr. Suresh Kumar gives the proper direction to students and maintains the discipline. After the yoga session students were given refreshment.

June 21 is observed as the International Day of Yoga every year since 2015. Prime Minister Narendra Modi led a mass yoga event at the Mysuru Palace grounds in Karnataka. PM Modi

was joined by 15,000 yoga enthusiasts participated in the event. ” The programme led with Prime Minister Narendra Modi’s speech, followed by a yoga session that was conducted between 7 am-7.45 am. To mark the 75 years of India’s independence, the Ministry for Ayush has identified 75 locations for Union Ministers to participate in the Yoga Day celebration.



*prime minister Narendra modi doing yoga at Mysore palace Karnataka*

World Yoga Day is celebrated internationally with a unique theme every year. This year's theme will be “Yoga for Humanity”. This year the main event demonstration will be led by the Prime Minister, Narendra Modi, at Mysuru, Karnataka.







PM congratulations everyone on world yoga day he says"yog became an international festival andyog is not for a single person its for whole



humanity. He also emphasizes that yoga brings peace to our society, yoga brings peace to our nation and to this world and universe. He says yoga makes us conscious of everything, Asense of awareness startswithin us with self awareness we can proceed the awareness to whole world.”



*students doing taadaasan in college auditorium*



*Mysore palace Karnataka*











## **66th ANNUAL ATHLETIC MEET SPORTS REPORT: 2022-2023**

Post Graduate Government College for Girls, Sector 11, Chandigarh was organized on 1/3/2023. Sports constitutes an integral part of the all-round development of our young students. Inauguration of the athletic meet was done by the Principal Professor Anita Kaushal. Shri Dharam Pal ,IAS, Advisor to Administrator, Chandigarh Administration was the chief guest of the function. He addressed and appreciated our students stellar performances who excelled at the international, national and zonal sporting events. Sports help build a healthy body, an active mind and lead to a happier and productive life. It inculcates the values of discipline, healthy competition, team work and above all the spirit of fair play. All these qualities are paramount not only in games but also in life. It has been our earnest endeavour to provide a platform to our emerging players, to give them ample opportunities at the International, National, State, and Inter-College Level Championships. Our athletes have participated and distinguished themselves in various sports that include Gymnastics Basketball, Boxing, Cricket, Judo, Karate, Taekwondo, Netball, Roller- Skating, Shooting, Softball, Fencing, Yoga, Wushu, etc.

















