GOVT. ARTS AND SPORTS COLLEGE, JALANDHAR

100 organisations to organise Yoga programme
in connection with the celebration of

100 DAYS COUNTDOWN PROGRAMME
IDY-2026

in collaboration with

MORARJI DESAI NATIONAL INSTITUTE OF YOGA,

(Ministry of AYUSH), New Delhi.

AS A PART OF THIS PROGRAM, WE ARE ORGANISING

- COMMUNITY YOGA SESSION
- YOGA DISCOURSE
- YOGA WORKSHOP

ON THE THEME

"HEALTH WELLBEING & SPORTS"

15TH APRIL 2026

Department of Yogic Science,
GOVT. ARTS AND SPORTS COLLEGE, JALANDHAR
request you kindly to

Grace the event.

Your presence and guidance will inspire and enrich the event.