

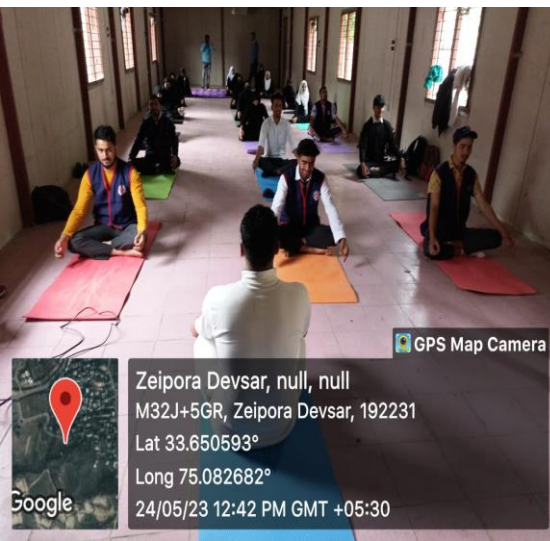
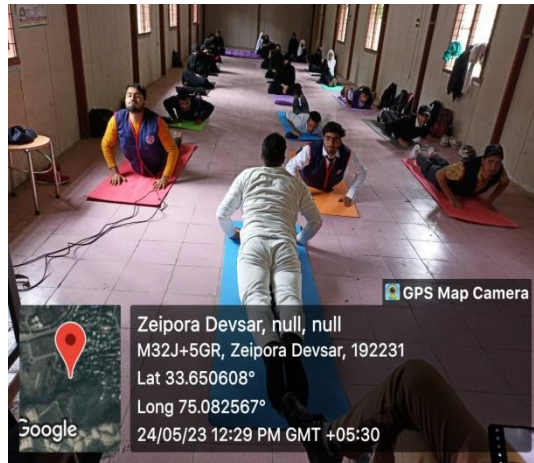


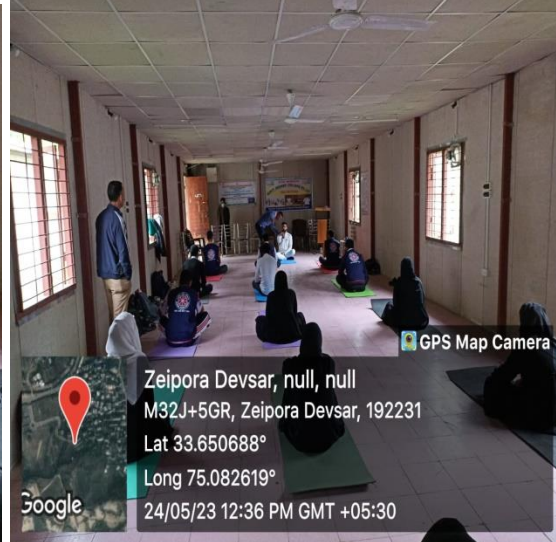
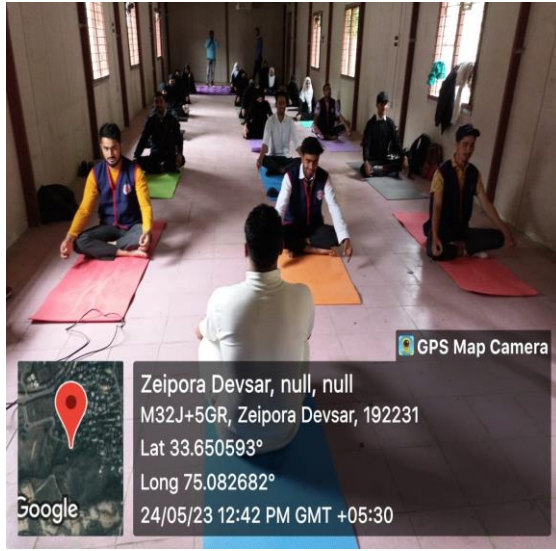
# Office of the Principal Altaf Memorial Govt. Degree College, Kilam (NAAC Accredited)

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No. AMGDCK/Esstt/23/ Dated: - 24-05-2023

## Press Release

Under the Banner of **G20** and Nasha Mukta Bharat Abhiyan, the Department of Physical Education and Sports, in collaboration with NSS Unit of the college conducted a session on yoga under the theme “Yoga for Fitness”. A good number of students and the faculty members participated in the session. The session was started with a brief lecture on importance of yoga and its benefits in our daily life; delivered by the Yoga trainer, Mr Arif Ayoub. The lecture was followed by the demonstration session by the said yoga instructor. In the end, PTI of the college Mr. Sikander Yaqoob presented the vote of thanks.





Sd/-  
Principal