**Report of the Event**

**Name of the Event: CM Di Yogshala**

**Date of the Event: 19.06.2025**

**Place of the Event: PAP Grounds, Jalandhar**

**Female: 20 Male: 25 Teachers: 02**

State level Yoga Day celebrations were held under the banner of "CM di Yogshala" on 19.06.2025 in PAP grounds, Jalandhar to commemorate the International Yoga Day which is celebrated all over the world on 21 June every year. Health Minister Dr. Balbir Singh was the Chief Guest. In his address Chief Guest explained the importance of centuries old practice of Yoga and urged everyone to incorporate it in their daily lives. Yoga not only helps in the relaxation of mind and body but also boosts our immune system. Sh. Vaneet Dhir, Mayor, Muncipal Corporation, Deputy Commissioner Sh. Himanshu Aggarwal and Police commissioner Smt. Dhanpreet Kaur were also present on the venue. Approximately 21000 participants from different schools, colleges and different departments from rural and urban areas participated in this mega event. Yoga was started with some warm up exercises and then various Asanas were performed by all the participants. Nearly 45 NCC and NSS and Red Ribbon Club volunteers from Doaba College Jalandhar participated in this event. NSS coordinator Prof Arshdeep Singh and NCC incharge Prof. Rahul Bharadwaj were also present.