



**Swargiya Chandra Singh Shahi Government Post Graduate  
College Kapkote (Bageshwar)**

**Life Skills**

**Yoga/Health/Hygiene**

**2020-2021**

- 1- **Yoga Session with students conducted online by Dr. Munna Joshi  
on International Yoga Day, 21<sup>st</sup> June 2020**

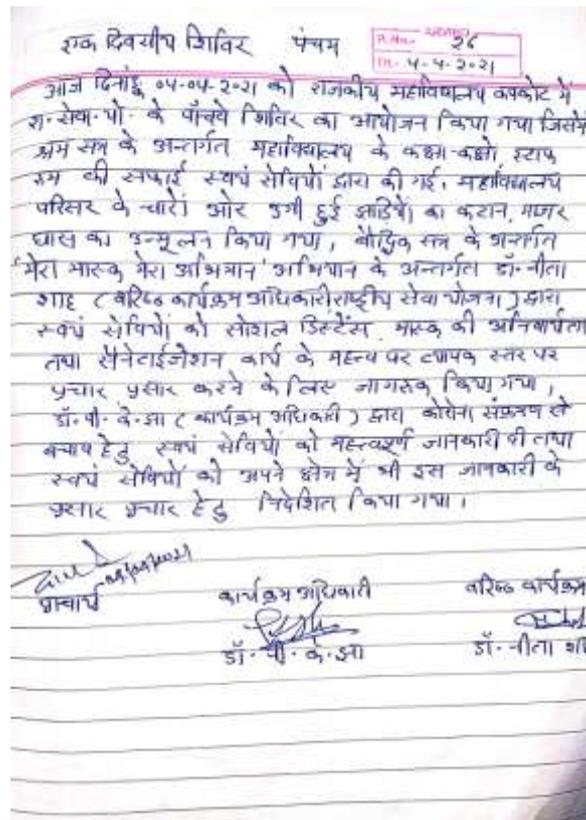
**Report on the activities conducted under EBSB for the month of June, 2020**

Name of the state- Uttarakhand

No.	Name of activities	Place/Institution	Date	Number of Participants	Remark if any
1	Celebrated International Yoga day on 21 June 2020	SCSS GOC Kapkot	21- Jun	13	Students performed Yoga as ANS at their home coordinate with them through video call/ Photograph

Students performing yoga at home through video call, 21/06/2020

## 2- Awareness about Covid in NSS one day camp



Report of the COVID awareness program held on 04/04/2021

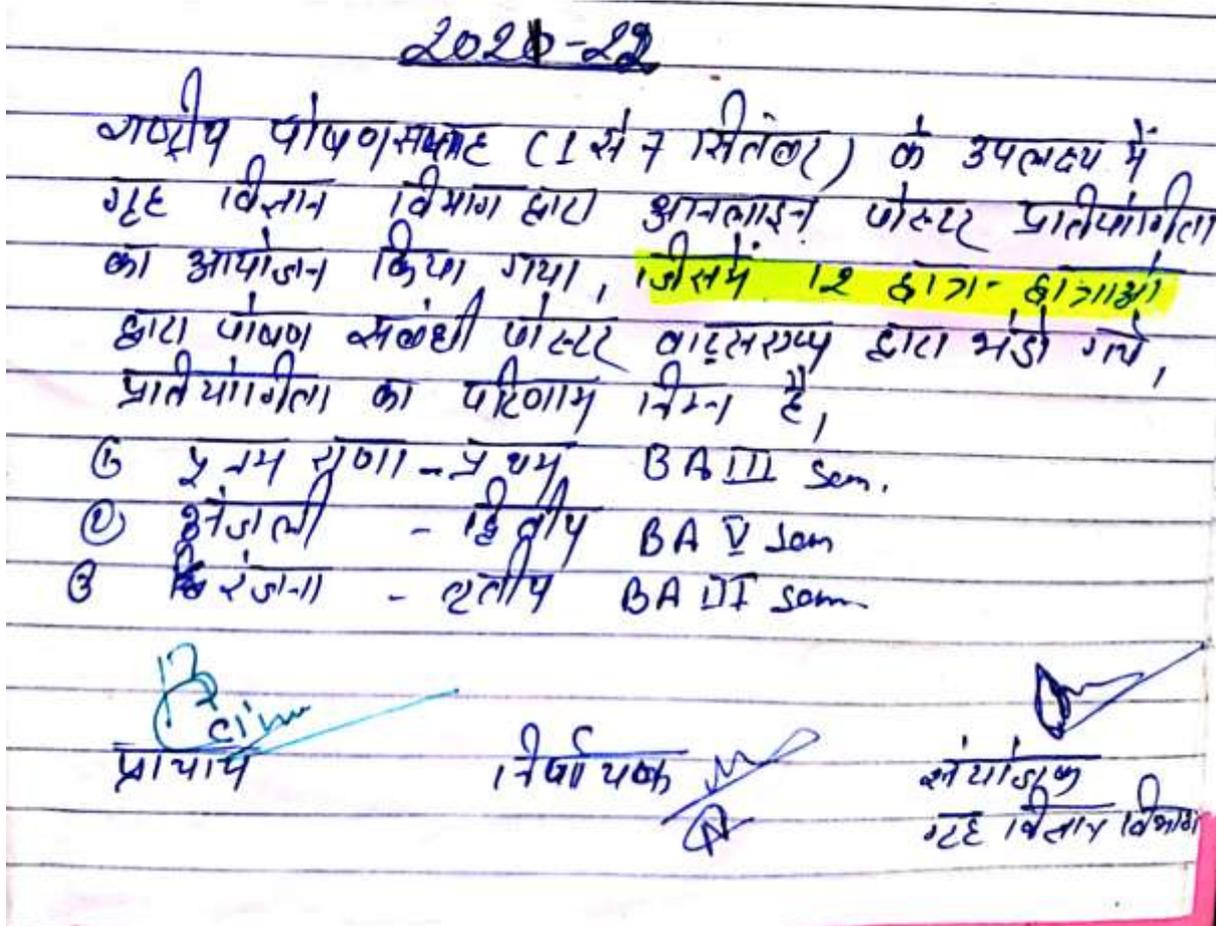
क्र.सं.	नाम	सं.सं.
1	दिशा मेहता	B.A I Sem.
2	रेखा मेहता	B.A III Sem
3	मेधा शर्मा	B.A II Sem
4	समीक्षा शर्मा	B.A I Sem
5	लक्ष्मी शर्मा	B.A I Sem
6	रजनी कुंजर	B.A I Sem
7	मानसी लोदी	B.A V Sem
8	नदिनी राणा	B.A II Sem
9	इशिता शर्मा	B.A II Sem
10	लक्ष्मी शर्मा	B.A I Sem
11	राधा शर्मा	B.A I Sem
12	सोनी कुंजर	B.A I Sem
13	धिया कुंजर	B.A I Sem
14	धिया कुंजर	B.A I Sem
15	अंशु कुंजर	B.A I Sem
16	कविता सिंह	B.A I Sem
17	महाेश सिंह	B.A I Sem
18	सुधा सिंह	B.A I Sem
19	सुधा सिंह	B.A I Sem
20	सुधा सिंह	B.A I Sem
21	सुधा सिंह	B.A I Sem
22	सुधा सिंह	B.A I Sem
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49	सुधा सिंह	B.A I Sem
50	सुधा सिंह	B.A I Sem
51	सुधा सिंह	B.A I Sem

Attendance of the program held on 04/04/2021

**3- Online poster competition conducted by Home Science Department on the occasion of Nutrition Week from 1st September to 7th September**

<https://www.facebook.com/photo/?fbid=329407818407905&set=pb.100040160676711>

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Report of the nutrition week program organized from 1/09/2021 to 7/09/2021



News Paper cutting of program organized from 1/09/2021 to 7/09/2021