

7 Day Workshop on Yoga, 2026

Central Library of Gokhale Memorial Girls' College conducted a 7 Day Yoga Workshop in the College premises during summer recess, from 12/06/26 onwards, and ending the program on International Day of Yoga, 2026, 21/06/2026. Students from different department of Gokhale Memorial Girls' College participated in this week-long yoga workshop.

The event also promoted discipline, self-awareness, and a sense of collective responsibility towards achieving holistic health and well-being. Overall, the program motivated the participants to integrate yoga into their daily lives and contributed to fostering a culture of health, harmony, and mindfulness within the institution.



