

# Jalandhar Menopause Society

International yoga day was celebrated on **21<sup>st</sup> June 2021**. About 25 members attended and actively participated in a relaxing yoga conducted by a yoga trainer. After addressing the gathering we had one hour yoga session conducted by an expert.

Our Charter president Dr. Sushma Chawla, myself, president Jalandhar Menopause Society, vice president Dr. Damanjit Kaur, Treasurer Dr. Gurpreet Kaur, club 35 Co ordinatoe Dr. Deepali luthra, Dr. Surjit Kaur, Dr. Rajeshwari, Dr. Anupma Chopra and 20 other members attended a wonderful yoga session. Dr. Gurpreet Kaur actively helped me in arranging the event. Yoga session was followed by herbal tea and healthy snacks. Please find pictures as attachment. This was followed by healthy snacks and herbal tea.

