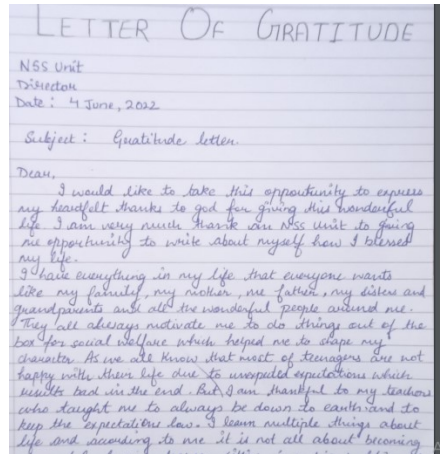
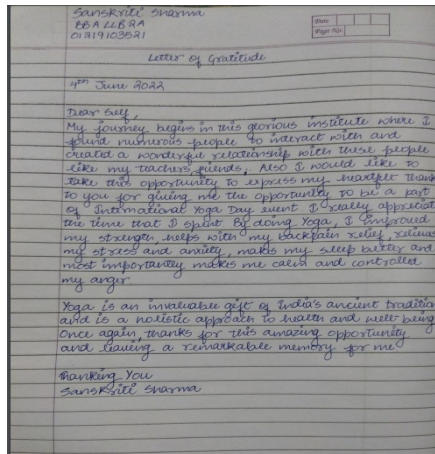
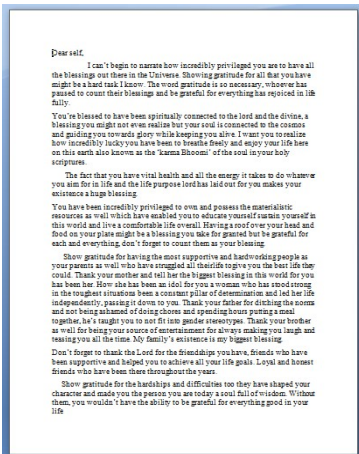


INTERNATIONAL YOGA DAY- 1 JUNE - 21 JUNE, 2022

LETTER OF GRATITUDE COMPETITION

6 JUNE, 2022

NSS Unit of Gitarattan International Business School celebrated International Yoga Day from 1 June- 21 June, 2022. The celebration included ' Letter of Gratitude' competition. The competition was open for all the students of GIBS. In this competition, participants were required to write a letter on "Self" mentioning the ways in which they think they are blessed. The letters written by the participants were received online.



To express gratitude is a gateway to a positive attitude and overall happiness. The purpose of organizing this competition was to imbibe positivity among the students for their physical and mental wellbeing. The letters were judged on the basis of clarity of thoughts, originality, adherence to theme, structure of the letter and grammar. Many teams participated in the competition. The winners was Shanya Walia, BA LLB fourth semester. She received Amazon voucher worth Rs. 500. The winner was also felicitated during the valedictory ceremony of International Yoga Day on 21 June, 2021.

Prepared by: Dr. Chetna Mahaur, Associate Professor, GIBS