

YOGA DAY CELEBRATED IN GCOE(21-06-2018)



The NSS unit of Govt.College Of Education celebrated International Yoga Day under the supervision of Principal Prof.(Dr.) Sangita Nagari.

Mrs. Sushma Gupta and Mr. Subhash Gupta from Arogya Bharti Centre were the yoga instructors on the occasion.

Prof.(Dr.) Sangita Nagari ,Principal,GCOE graced the occasion with her presence and appealed the audience present over there to practice yoga not only on this single day but to make it a permanent part of their life style.Different yog asanas were performed and instructors laid emphasis on the importance of yoga in our life as it helps us to live a better and healthy life amidst the changing standards which are perhaps sedentary.

NSS programme officer Prof. Sunita Devi appealed to one and all to perform yogato stay happy ,healthy and cheerful away from stress and anxiety.Prof.(Dr.)M.A Lone,Prof. Raj Singh ,Prof. Ritu Magotra,Prof. Neelam Dhar were also present on the occasion.