

International Yoga Day on 21st June, 2019

Report on Celebration of International Day of Yoga on 21st June, 2019.

The International Yoga Day is being celebrated on 21st June throughout India to mark the importance of health and fitness as a part of physical well being. It is a physical, mental and spiritual practice originated in India.

GCW Bawani Khera has actively participated in the celebration of Yoga Day. All the faculty members, staff and N.S.S. volunteers enthusiastically displayed their ensured participation in the program that starts at 07:00 a.m. till 08:00 a.m. The Yoga Guru 'Mr. Deepak Sharma' has been invited to throw a light on Pranayam, Vyayam and Yoga. He has nicely explained the importance of yoga in today hectic and stressful life. The recitation of "Oooooohhhhhmm" is the soul of cosmic world and very helpful in connecting our inner sights to third world that will further boost our intuition and reasoning power.

Deepa
21/6/19

Ms. Deepa
(Programme Officer, NSS)
GCW Bawani Khera

Pam
21.6.19
Principal
Govt. College for Women
BAWANI KHERA (Bhim)

GCW Bawani Khera

International Yoga Day on 21st June, 2019



Photo 1



Photo 2

International Yoga Day on 21st June, 2019



Photo 3