



GOVERNMENT ENGINEERING COLLEGE
PALANPUR (061)
JAGANA, PALANPUR - 385 011



NATIONAL SERVICE SCHEME [NSS]

A
REPORT ON

Celebration of International Yoga Day

By
NSS VOLUNTEERS

On
21st June 2018

MECH. WORKSHOP

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change.

4th International Yoga Day Celebrated with, Principal, Professors, Admin staffs, Security Staffs, NSS Volunteers and other students of GEC, Palanpur on 21-06-2018 at GEC, Palanpur. We start Yoga day as per AYUSH guideline beginning to Prayer. Then after warm-up and Standing position Asanas, like a Tadasana, Vrukshasana and Ardha-chakrasana. Then after sitting position Asanas like a Bhadrasana, Ardha Ustrtasana, Sankasana and Vakrasana. Then in Prone posture Bhujangasana, Salabhasana and Makrasana etc. Then in Supine posture Setubandhasana, Pavanmuktasana and Savasana. After Asanas we was done Pranayama and Meditation. After in end of the Yoga, Sankalpa and Shanti patha done by all participations.

After Completion of Yoga There is served Bananas for the refreshment to all the Yoga Participants.

Photo Gallery







“NOT ME BUT YOU”

Reported By:
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