Ph. 05949 - 282140

राजकीय स्नातकोत्तर महाविद्यालय

बाजपुर (ऊधमसिंह नगर) उत्तराखण्ड

website-www.gpgcbazpur.in email id- gdcbazpur@rediffmail.com

Event report: International Yoga Day

Session 2018-19

Date: 21-06-2018

The Government PG College Bazpur organized a grand event to commemorate International Yoga Day on June 21, 2018. The event aimed to promote the importance of yoga in maintaining physical and mental well-being. The event was presidented by Dr. Kamla Chanyal, the college's Principal. Mr. Ranjit Singh, a renowned Yogacharya, graced the event as the Yoga Instructor. The entire college staff enthusiastically participated in the event, which witnessed the attendance of around 70 students. Dr. Chanyal shared her insights on the significance of yoga in leading a healthy and balanced lifestyle. She emphasized the importance of incorporating yoga practices into daily routines to improve physical fitness and mental clarity.

Mr. Ranjit Singh, as the Yoga Instructor for the event, with his extensive knowledge and expertise in yoga, he guided the participants through a series of yogasanas (yoga postures) and physical activities. The students, along with the college staff, actively participated in the session, demonstrating their enthusiasm and dedication towards learning and practicing yoga. The participants were guided through various yoga poses, including Surya Namaskar (Sun Salutation), Tadasana (Mountain Pose), Bhujangasana (Cobra Pose), and Shavasana (Corpse Pose), among others. The session focused on incorporating deep breathing techniques and promoting relaxation and mindfulness.

The event not only emphasized the physical aspects of yoga but also shed light on its mental and spiritual benefits. Mr. Ranjit Singh highlighted the importance of maintaining a harmonious balance between the mind, body, and soul through regular practice of yoga. The event was concluded by vote of thanks by Principal Dr. Kamala chanyal.

Ph. 05949 - 282140

राजकीय स्नातकोत्तर महाविद्यालय

बाजपुर (ऊधमसिंह नगर) उत्तराखण्ड

website-www.gpgcbazpur.in email id- gdcbazpur@rediffmail.com

Ph. 05949 - 282140

राजकीय स्नातकोत्तर महाविद्यालय

बाजपुर (ऊधमसिंह नगर) उत्तराखण्ड

website-www.gpgcbazpur.in email id- gdcbazpur@rediffmail.com

Ph. 05949 - 282140

राजकीय स्नातकोत्तर महाविद्यालय

बाजपुर (ऊधमसिंह नगर) उत्तराखण्ड

website-www.gpgcbazpur.in email id- gdcbazpur@rediffmail.com

22 Jun 2018 1:44 pm

9

, करो योग रहो निरोग

बाजपुर में योग दिवस पर योगाभ्यास करते लोग।

बाजपुर में सामूहिक रूप से किया योग

बाजपुर/दिनेशपुर। अंतरराष्ट्रीय योग दिवस पर श्रीराम भवन धर्मशाला के जेसीज क्लब भारतीय योग संस्थान तत्वाबधान में तीन दिवसीय योग शिविर के समापन का शुभारंभ एसडीएम विवेक प्रकाश ने किया। वहां ब्रह्माकुमारी से आई ज्योति और गायत्री बहन केअलावा तहसीलदार केपी सिंह, ईओ अशोक कुमार वर्मा, कुलदीप चौधरी, संजय गोयल, राधेश्याम; सत्यवान गर्ग, एलडी पंतोला, अशोक गोयल, राजेश कुमार, यशपाल राजहंस, विकास गुप्ता, केशव पाम्मी आदि थे। इधर गांव नमूना में बीआरसी, डिग्री कॉलेज सहित अन्य संस्थाओं में योग दिवस मनाया गया। वही दिनेशपुर में आईटीआई मैदान में योग शिविर का आयोजन किया गया। ब्यूरो

इंतजार में हुई

Add tags

20180622_134451.jpg

3.54 MB 3096x4128

/Internal storage/papa 27 may/Camera