



Government College of Education, Sector 20, Chandigarh

Report

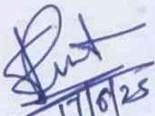
“Yoga cum Meditation Session”

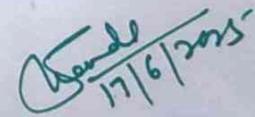
In prelude to International Yoga Day 2025 (June 21st), a rejuvenating Yoga cum Meditation Session was organized on 17th June 2025 at 11:00 AM in the campus of Government College of Education, Sector 20, Chandigarh. The session was expertly conducted by the Isha Foundation Team, headed by Shri Kaushik Rudra, along with dedicated volunteers of the foundation. The event witnessed enthusiastic participation from the faculty members and staff of the college.

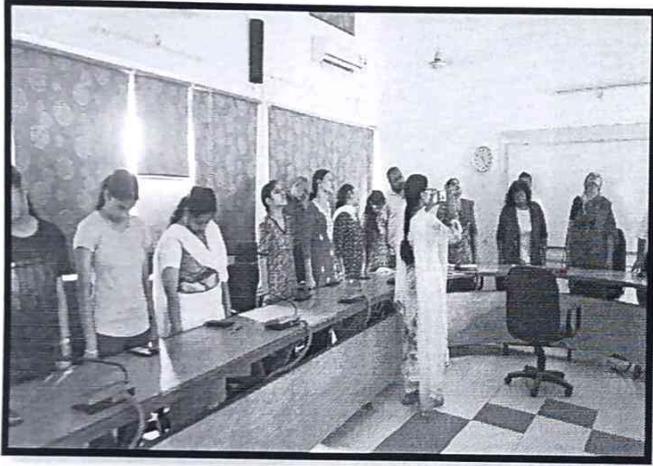
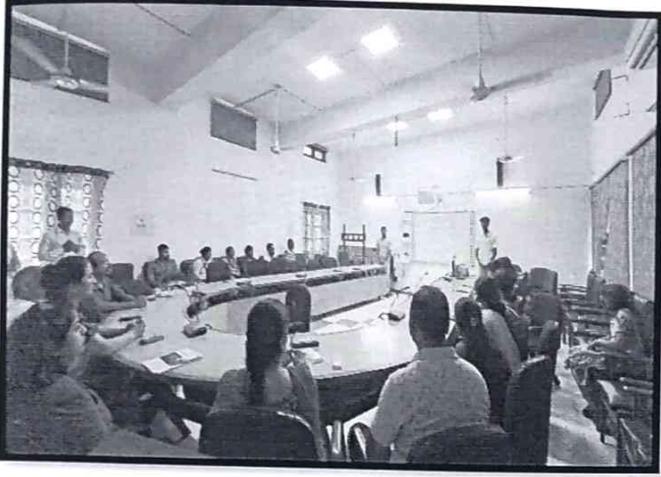
The session commenced with practical guidance from Shri Kaushik Rudra and the Isha volunteers, focusing on targeted yoga practices for neck and shoulder wellness. These exercises, designed to relieve tension and improve posture, proved highly beneficial for the educators. Participants actively engaged in the techniques, reporting feeling refreshed, relaxed, and re-energized upon completion.

Following the yoga practice, Principal Dr. Sapna Nanda delivered an inspiring address. She warmly acknowledged the Isha Foundation team's efforts and emphasized yoga's profound significance as an age-old tradition in Indian households. Dr. Nanda highlighted how this timeless practice is now gaining global recognition as an essential tool for physical well-being, mental clarity, and inner peace – calling it India's invaluable gift to the world.

The session successfully reinforced the importance of incorporating yoga into daily routines, setting a positive tone for the upcoming International Yoga Day 2025 and reaffirmed the college's commitment to promoting holistic wellness through India's cultural heritage.


17/6/25
Librarian


17/6/2025
Principal
Govt. College Education,
Sec 20-D, Chandigarh



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