



Government College of Education, Sector 20, Chandigarh

Report

“Celebration of International Yoga Day 2025”

Government College of Education, Chandigarh, enthusiastically participated in the celebration of the 11th International Yoga Day on June 21st, 2025, at the scenic Trianga Urban Park, Sector 17, Chandigarh. The college's faculty and staff joined the city-wide celebration with great enthusiasm.

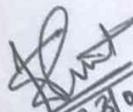
The college contingent actively engaged in the morning yoga session alongside approximately 2000 participants from various walks of life. Faculty members and administrative staff demonstrated their commitment to holistic wellness by participating in traditional pranayama, various yoga asanas, meditation practices, and collective recitation of mantras. This participation reflected the institution's dedication to promoting yoga as an integral part of educational culture.

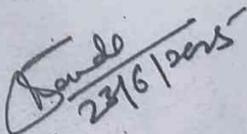
The event was graced by Shri Gulab Chand Kataria, Governor of Punjab and Administrator of UT Chandigarh, who emphasized yoga as "a people's movement" that transcends cultural boundaries. The college faculty participated in taking a collective pledge for 'Nasha Mukht Chandigarh,' demonstrating their commitment to creating an addiction-free society.

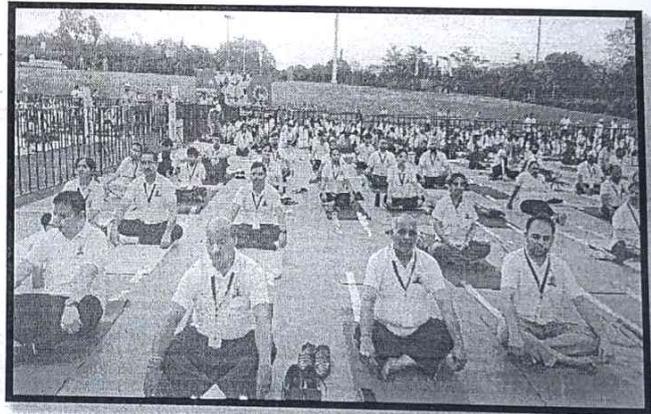
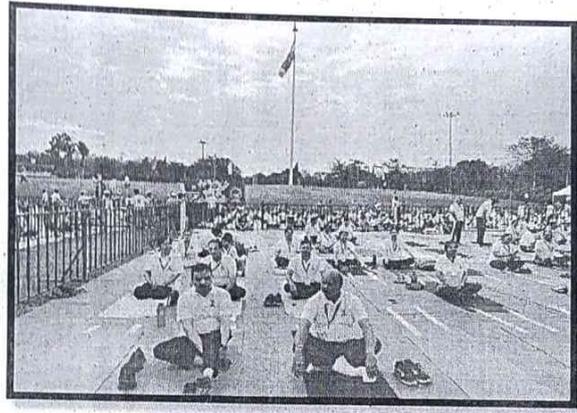
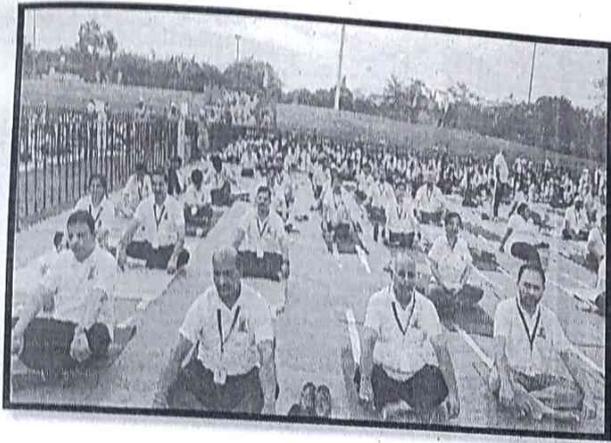
The celebration resonated with this year's theme "Yoga for Self and Society" and "One Earth, One Health," aligning with the college's philosophy of holistic education. Participants also witnessed the live streaming of Hon'ble Prime Minister Shri Narendra Modi's address from Visakhapatnam, where the main event took place with an estimated 3 lakh participants, connecting the local celebration with the national movement.

The faculty and staff's active engagement served as role modeling for work-life balance while emphasizing the significance of physical and mental well-being in the educational environment.

This meaningful participation reinforced the institution's commitment to community engagement and the promotion of yoga as both an ancient tradition and modern wellness practice. The college successfully contributed to making the 11th International Yoga Day a resounding success.


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Librarian


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