



Govt. Degree College Rajpura

Hospital Road, Near Sports Stadium Rajpura



International Yoga Day celebration at GDC Rajpura

On June 21, 2024, our college celebrated International Yoga Day with great enthusiasm and participation from students, faculty, and our esteemed principal. The event aimed to promote the physical, mental, and spiritual well-being of the college community. The main objective was to raise awareness about the benefits of yoga and encourage everyone to incorporate it into their daily lives for a healthier and more balanced lifestyle.

The event was held in the nearby indoor stadium and started at 7:00 AM. The atmosphere was serene, with mats arranged neatly and calming music creating a peaceful ambiance. The event began with a welcome speech by Principal Dr. Gazala Gaiyas, who emphasized the significance of yoga in maintaining overall health and well-being. She encouraged everyone to make yoga a regular part of their lives.

A gentle warm-up session followed to prepare the body for yoga practice. This included light stretching exercises and breathing techniques, guided by the Physical Training Instructor (PTI) from the Physical Education Department. The session was characterized by harmony and synchronization, reflecting the unity and commitment of the college community towards health and wellness.

The International Yoga Day celebration at our college was a resounding success. It fostered a sense of community and highlighted the importance of health and wellness. The active participation of the principal, faculty, and students made the event memorable and inspiring.



NSS PO

Principal