

Celebration of International Yoga Day by NCC



Regarding the need and importance to take care of one's health and stay both fit and relevant, the International Yoga Day was celebrated in the college on 21-06-2018. The initiative was taken by the NCC Wing of the college.

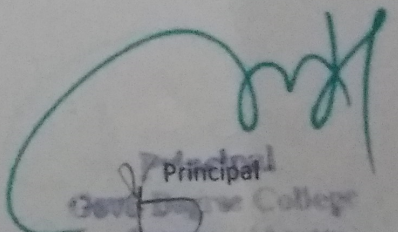
The programme started with a welcome address by the honorable principal of the college. The participants included, among others, dignitaries and some known personalities from the various factions of the society.

In the programme, the alarming rate at which various lifestyle issues have marred the quality of life were discussed. The possible curbs and the various initiatives in this direction were put forward. The importance of Yoga was discussed at considerable length.

Various "asana" were discussed, demonstrated and their benefits were also made public.

The campaign ended with a solemn promise that each one shall try to implement Yoga at personal and all other possible levels.

NCC Officer


Principal
Govt College
Bareilly (U.P.)