

GOKHALE CENTENARY COLLEGE, ANKOLA.

INTERNATIONAL YOGA DAY

21ST JUNE 2021



ORGANIZED BY

NSS UNIT, DEPT OF PHYSICAL EDUCATION & YRC UNIT

21ST TO THE 28TH OF JUNE 2021

A BRIEF REPORT

INTERNATIONAL YOGA DAY

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.

Taking the above into consideration the NSS Unit, Dept of Physical Education & YRC unit of Gokhale Centenary College, Ankola decided to celebrate the 7th International Yoga Day. Considering the lockdown imposed due to the Covid – 19 pandemic it was decided to organize a Virtual Yoga Camp and Competition for 7 days for all the students studying in the institutions run by Kanara Welfare Trust.

The Inauguration of the camp was done on the 21st of June in the college premises. The function started with the welcome address by Prof R.P.Bhat NSS Coordinator by welcoming the guests and the audience. The workshop was formally inaugurated by lighting the traditional lamp. Smt. Jyotsna.NarvekarMahila President PatanjaliSamitiAnkola the Chief Guest of the Function and the resource person for the camp spoke on the occasion. She stressed on the benefits of yoga especially for students which would help them to improve not only their health but also fitness along with cognitive capacities. **Dr. B.V.Shettigar**. Principal of GCC addressed the gathering on the occasion. Dr. Ashwin.R Physical Education Director proposed the vote of thanks on the occasion. School teachers and students from nearby the college premises attended the function. All the SOP'S were

followed on the occasion. The inauguration function was streamed live through G- Meet .



Dr. ASHWIN.R