



Government Engineering College Dahod

NSS UNIT & Cultural Club

Participant Online Registration Link: <http://desk.voiceey.com/idoy/>



We are pleased to invite you to
the Celebration of
“International Day of Yoga”
(Theme- *One Earth One Health*)

On Wednesday 21st June, 2023
at 6:00 am to 7:30 am

Venue: Workshop, GEC- Dahod



**GUJARAT TECHNOLOGICAL
UNIVERSITY**

NATIONAL SERVICE SCHEME

**GOVERNMENT ENGINEERING COLLEGE,
DAHOD**

Report on International Yoga Day

The primary objective of the International Day of Yoga is to raise awareness about yoga as a holistic practice for mental and physical well-being. This observance holds great importance in shedding light on the importance of psychological and physical wellness in today's world.

Furthermore, the day encourages the cultivation of a regular meditation practice to foster mental clarity and self-awareness, essential for thriving in a stress-free environment.

As per the circular સંદર્ભ ૧: CHE/IDY/2023/7753-7861

સંદર્ભ ૨: CTE/Yoga-Day/2023/A/3693

date 14-06-2022 of DTE, Gandhinagar, the National Service Scheme (NSS) unit of Government Engineering College, Dahod organized International Yoga Day with Theme “One Earth one Health” on 21/06/2023 at 06:00 AM to 07:30 AM. Around 150 members of the college are take part in this Programme.





