

# **Report on International Yoga Day 21st June 2017**



**Uttaranchal College of Education**

Nanda ki Chowki, Premnagar, Dehradun  
(Uttarakhand)

On 21<sup>st</sup> June 2017, Uttaranchal College of Education enthusiastically celebrated this auspicious occasion by performing many yogic activities under guidance and supervision of sports and yoga teacher.

The event started at 9:00 A.M. with yoga demonstration, yoga instructor demonstrated many yogic activities in which a large number of students, teaching and non- teaching staff participated. The interactive programme was started with meditation session. There after awareness programme (regarding yoga activities) was organized through charts presentation, video clipping etc.

In the end, a panel discussion on “Need and Importance of Yoga in Present Era” was organized. In which the Principal, Dr. Manju Rani, Yoga Instructor, Dr. R. Tiwari and all teaching staff expressed their views on the theme.

The event successfully ended. It succeeded to motivate the teachers specially students to practice yogasans, pranayam and other yogic activities in their future life to remain healthy, wealthy and happy.





