

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH



INTERNATIONAL DAY OF YOGA-2021

NATIONAL WEBINAR ON YOGA AND ONLINE TEACHING LEARNING PROCESS

योगश्चित्तवृत्तिनिरोधः ॥ १.२ ॥

महा ऋषि पतंजलि जी के ऊपर दिए गए सूत्र के अनुसार योग शब्द का भाव है;
'अन्तःकरण की वृत्तियों का निरोध अर्थात् नियंत्रित करना।

The Ministry of Ayush, India & United Nations declared the theme of the day International Day of Yoga-2021 "BE WITH YOGA, BE AT HOME" & "YOGA FOR WELL-BEING".

NSS Cell of Government College of Education, Sector 20-D, Chandigarh is organizing an **NATIONAL WEBINAR** to observe the International Day of Yoga on 21.06. 2021. Dr. A. K. Srivastava, Principal, G.C.E. 20-D, Chandigarh is the Patron of this event.

Timing of the webinar is 2:00 PM to 3:00 PM

Patron and Inaugural address

1. Dr. A. K. Srivastava, Principal, GCE -20, Chandigarh

Topic- Making a choice on seeking fulfillment from ongoing journey of online Teaching – Learning

Resource person of the day;

2. Mr. Harcharan Singh (Yoga Therapist with IKCA (Indian Kayaking & Canoeing Association) during World Cup China)

Topic: Yoga and Correct Postures during the Online Study Period.

Participation and Attendance is mandatory for all the NSS volunteers. Link for the National Webinar will be shared on Monday morning.

Programme Officers:

Dr. Mukhtiar Singh

Dr. Meena

Dr. Ravneet Chawla

Principal

G.C.E., 20-D, Chandigarh

Webinar Patron & Inaugural Address: DR. A.K. SRIVASTAVA



Speaker of the Day



Mr. Harcharan Singh

**Yoga Therapist with IKCA (Indian Kayaking & Canoeing Association) during World Cup
China
Our Pride Alumnus**

Webinar Coordinators



**DR. Mukhtiar Singh
(Associate Professor)**



**DR. Ravneet Chawla
(Associate Professor)**

Student Leaders



Ms. Gurbina Chopra
B. Ed Senior



Ms. Shivangi Arora
B. Ed Senior



Mr. Bharat Sharma
B. Ed Junior



Ms. Gauri Segan Bakshi
B. Ed Junior