



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

GURU NANAK COLLEGE SUKHCHAINANA SAHIB, PHAGWARA

Date: 21.06.2021

NSS Volunteers & NCC Cadets of GURU NANAK COLLEGE SUKHCHAINANA SAHIB, PHAGWARA, participated in INTERNATIONAL DAY OF YOGA, to bring peace success harmony and happiness to every soul in the world. Volunteers performed different yoga postures like Vrikshasana, Uttanaasana, Trikonaasana, Bhadrasana Bhujangasana, finally ended with Pranayama and meditation. Worthy President College Managing Committee S. Jatinderpal Singh Palahi and Principal Dr. Gurdev Singh Randhawa, congratulated the volunteers, cadets alongwith teachers incharge and emphasised that YOGA is a great opportunity to imbibe the value of discipline and it is a mental, physical and spiritual practice that needs to be performed daily by every person.

