

M.P. Shah Arts & Science College, Surendranagar

International Yoga Day Celebration 21-06-2016

International Yoga Day was celebrated at M.P.Shah Arts and Science College on 21st June 2016 in the Campus Ground. The whole district was invited to take part in this program. Almost all the schools and colleges had taken part in this Yoga Day Celebration. The event began at 7 O' Clock in the morning. The team from Patanjali – trained Yoga trainers had come to make everyone perform Yoga. Renowned People from Government Departments had also attended the event and performed Yoga under the guidance of trained Yoga experts. More than 2100 people of Surendranagar had performed Yoga from 7.00 AM to 8.00 AM in the ground of M.P.Shah Arts and Science College. It was a well-organized event. The whole college and its students were benefitted from this event. After the event being over, students were given snacks and lemon juice as refreshment. The purpose to organize district level Yoga day was bringing Health and Fitness Awareness in the students and public. The program was successfully organized by NSS team under the guidance of the Principal.



**PRINCIPAL,
M.P. SHAH ARTS & SCI. COLLEGE
SURENDRANAGAR**