



Chandigarh College of Engineering and Technology,

Degree Wing, Sector -- 26, Chandigarh

INTERNATIONAL DAY OF YOGA-2021

Chandigarh College of Engineering and Technology (Degree Wing) celebrated 7th International Day of Yoga on June 21, 2021. The students and Faculty members of the institute participated in the same with full enthusiasm and dedication.

The celebration of the International Day of Yoga observed a virtual webinar, by following this year's theme 'Be with Yoga, Be at Home' and practicing COVID appropriate behavior, from 07:00 a.m. to 08:00 a.m. under the guidance of Dr. M.S. Gujral (Principal), Dr. Rajesh (Professor Incharge – Student Welfare), Dr. Gulshan Goyal (SSC/PSC) and Dr. Sarabjeet (NSS Program Officer).

Students, along with their family members, Officers and Staff members at CCET, Faculty members from all the branches actively participated in the session with their cameras on and performed various yogic breathing exercises and asanas under the instructions of Mr. Janak Magotra (Yoga Trainer at Patanjali Yuva Bharat). The NSS volunteers at CCET made a video performing various asanas to make the society cognizant of importance of Yoga and how to practice it at home.

An event, which comprised of poster making and slogan writing, was also conducted for students. The participants were required to make posters along with slogans on the theme 'Yoga for Well-Being'. This event concluded with active submission of posters prepared by the students. Thus the session was enlivened by the participation and co-ordination of various units at CCET.











