



GOVERNMENT ENGINEERING COLLEGE DAHOD

Organize

12th International Day of Yoga

“Yoga for Healthy Ageing”



Venue: GEC - Dahod

Time : 08:30 AM onwards

All are requested to join this yoga session to make it successful.

The National Service Scheme (NSS) Unit of Government Engineering College, Dahod celebrated the 12th International Day of Yoga on June 21, 2026. The session commenced at 08:30 AM to promote physical, mental, and spiritual well-being among students, faculty, and staff.

Inauguration: Brief opening address by the Principal and NSS Program Officer highlighting the 2026 global yoga initiatives.

Common Yoga Protocol: Led by certified instructors, participants performed systematic sets of:

Loosening practices (neck, shoulder, trunk, and knee movements).

Asanas (Standing, sitting, prone, and supine postures).

Pranayama (Kapalbhati, Anulom - Vilom, and Sheetal breathing techniques).

Dhyana (Meditation for mental clarity).

Pledge & Conclusion: The session concluded with the Yoga Pledge for universal peace and the National Anthem.





Dahod, Gujarat, India 
V63r+5fx, Dahod, Gujarat 389151, India
Lat 22.853094° Long 74.241078°
Sunday, 21/06/2026 09:27 AM GMT +05:30



Dahod, Gujarat, India 
V63r+5fx, Dahod, Gujarat 389151, India
Lat 22.853116° Long 74.241091°
Sunday, 21/06/2026 09:28 AM GMT +05:30