

**Criterion 7.1.11**

**Celebration of National and International  
Days, Events and Festivals**

## VASANT UTSAV






# THE INTERNATIONAL YOGA DAY

20

**INTERNATIONAL YOGA DAY -**

A Report on International Yoga Day Conducted on 18-06-2021 to 21-06-2021 Govt PG College Ambala Cantt under the worthy Guidance of Deputy Commissioner Ambala and AYUSH Department Haryana has conducted 7th International day of Yoga Celebrations from 18 June to 21 June 2021. Faculty and staff participated in Yoga Day Celebrations. Yoga Trainers from AYUSH Department gave training in Yoga to faculty and staff. The yoga practice session will be conducted from morning 7.00 a.m. to 8:30 a.m. College Auditorium Hall in Indoor Sports Complex. Principal Dr Arun Joshi advised the staff to practice Yoga for Good Health. NSS Programme Co-coordinator Mr. Munish Trighatia, along with NSS Volunteers took part in the event. An online Yoga for Harmony and Peace activity was also conducted by NSS volunteers in who actively participated and performed yoga at their home with family members and shared their videos and pictures.

Date of the Event: 18-07-2021 - 21-07-2021  
Name of the Event: International Yoga Day  
Venue: College Auditorium  
Participants: Students: 52, Staff: 50



*Arun Joshi*  
Principal

*Munish Trighatia*  
NSS Co-ordinator  
Munish Trighatia

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## NSS DAY



PAGE 7

NSS Day Celebration.

"NSS Day" was celebrated in the college on 24-09-2020. This year the celebration was held online due to COVID-19. All the three (3) units of the NSS conducted online activities. Dr. Abha Chaudhary organised a poster making competition among the students and volunteers of NSS. Mr. Lucky Verma organised a tree plantation drive, almost 14 volunteers planted saplings in their surrounding areas. Mr. Munish Dighatia, Programme Officer of unit No-10 organised an online lecture and motivated students to actively participate in selfless service to the society. Dr. Kamlesh, Principal Govt P.G. College extended her warm wishes to all the NSS volunteers and highlighted the importance of this day and expressed her deep gratitude to the NSS officers.

Dr. Kamlesh  
Principal  
Govt P.G. College

Mr. Lucky Verma  
Programme Officer  
NSS

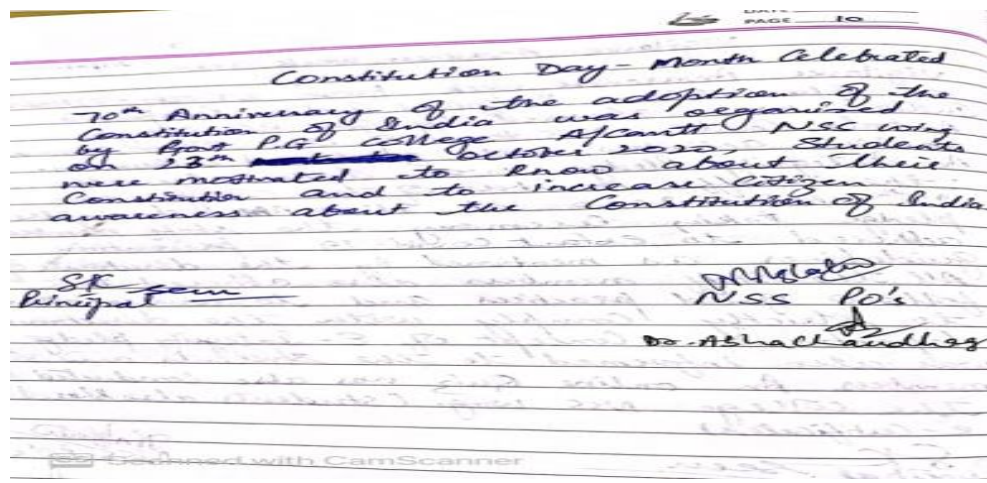
Mr. Munish Dighatia  
Programme Officer  
NSS

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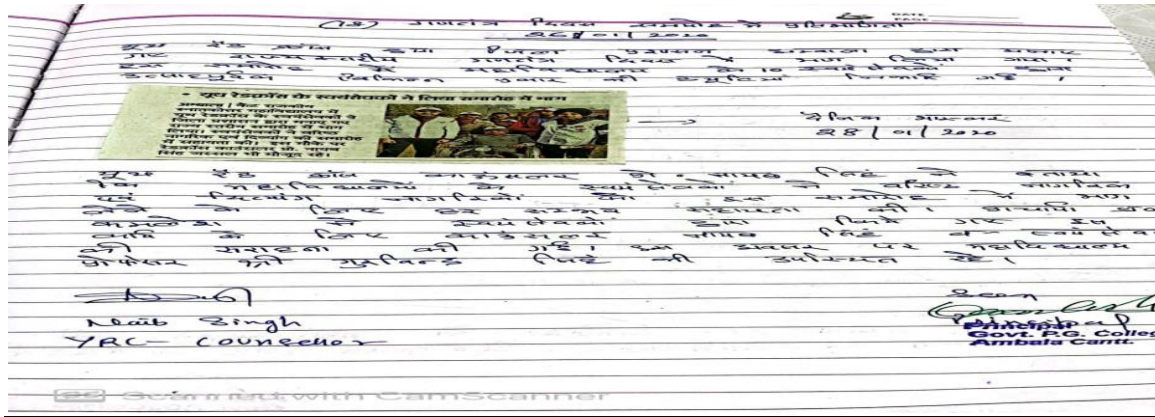
## VOTERS AWARENESS CAMPAIGN



## THE CONSTITUTION DAY



# REPUBLIC DAY CELEBRATION





## CASHLESS WEEK







## CLEANLINESS DRIVE





## LOHRI CELEBRATION





## PRAKRITI CHAKITSA DIWAS





## RASHTRIYA EKTA DIWAS





## ROAD SAFETY DAY







**ROAD SAFETY WEEK**



## SCIENCE DAY



## UNO DAY



## VIGILANCE AWARENESS WEEK



# WOMEN'S DAY



# WORLD FOREST DAY



