



HJD Institute of Technical Education and Research

NSS Committee

Kera-Mundra Road, Gajod, At. Kera-370430, Kutch

Phone: (02832)281085/87, Fax: 281004

Email: hjdinstitute@gmail.com website: www.hjdinstitute.org

Date: 27th June, 2018

N.S.S. Activity

“International Yoga Day Celebration”

On 21th June, 2018

HJD Institute of Technical Education & Research, Kera celebrated “International Yoga Day” as per instructions from NSS-GTU on 21st June, 2018. Program started with the speech of Sports teacher Mohinder Mashih explaining about the importance of Yoga in daily life. Then after from 8:15 o’clock onwards various Yogasans were performed. On this occasion, Mr. Mohinder Mashih helped him as an assistant for the Yoga. Yogasans like Surya Namaskar, Tadasan, Vrukshasan, Ardhchakrasana, Vajrasana, Anulom Vilom, Savasan, and exercise, etc. were performed during the session. In this session Institute Chairman Hon. Jagdishbhai Halai, College Principal Dr. Kalpana Maheshwari, Institute Coordinator Rasila Hirani, staff members from all Department and around 323 students were participated with joy and enthusiasm.



Celebration of "International Yoga Day" on 21st June, 2018 @ HJD INSTITUTE, KUTCH



At the end of this function, Institute Sports Teacher Mohinder Mashih recommended all the participants to do Yogasans regularly and appreciated the presence of all the participants. Whole function was organized by NSS/Sports committee of the institute under the guidance of Principal Dr. Kalpana Maheshwari. In this program Pravin Hirani, Hemanshu Joshi, Saumyakumar Rana, played an important role as a volunteers.

Mr Pravin L. Hirani
NSS Program Officer

Dr. Kalpana Maheshwari
Principal