

**Office of the Principal, Post Graduate Government College for Girls,
Sector 42, Chandigarh
Note**

January 14, 2022

The NSS Wing and Department of Physical Education of Post Graduate Government College for Girls, Sector 42, Chandigarh organized Surya Namaskar Programme- 'Surya Namaskar for Vitality' to mark Azadi Ka Amrit Mahotsav @75 India. College Principal Prof. Nisha Aggarwal was the Chief Guest for the event. She motivated students to practice Surya Namaskar daily, and motivated students to incorporate surya namaskar in their daily lives. Dr. Ram Niwas, Head, Department of Physical Education organised the spectacular programme. Dr. Harpreet Kaur handled the stage. Mr. Mehar Chand explained the 12 important benefits of surya namaskar. As many as 60 and 650 students, teaching and non teaching staff participated physically and virtually in this programme bearing the covid protocol. Prof Sudhir Hindwan, Overall Convener of Azadi Ka Amrit MahotsavIndia@75 under the Aegis of Ministry of Education appreciated the great efforts made to make the event a mega success. Aarti (Gold medalist inAsian Yoga Championship and Pooja Heer (yoga and wellness Coach) made wonderful presentation followed by students and faculty members in great number.

Nisha Aggarwal
Principal,

Post Graduate Government College for Girls
Sector 42-C Chandigarh

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