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**GURU KASHI  
UNIVERSITY**  
TALWANDI SABO (BATHINDA) INDIA



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**GKU TIME**

## Guru Kashi University Celebrates **INTERNATIONAL YOGA DAY.**



Today 21 June 2019 one of the most popular University of North India Guru Kashi University's Physical College of Education Celebrates International Yoga day in its Campus at 7:00 am today. In which more than 300 student, faculty members & staff celebrate yoga day by doing yoga. Guru Kashi University officiating Vice Chancellor Dr. Gurjant Singh Sidhu said that motive behind celebrating yoga day is to make students & staff health Conscious further he said person having a fit body have sharp brains. So it is very important for us to exercise and yoga daily. Yoga will keep our minds stress free and also protect from many dangerous diseases. We must do yoga & exercise at least 45 minutes a day. Univeristy Deputy Registrar Dr. Amit Tuteja present on the Occasion said University College of Physical Education provide type of trainings & camps various times to make the students health fit & fine. This Programme was organised under the supervision of Director Sports Dr. Ravi Sumal. Yoga Guru Mr. Satpal gave lot of informative information about yoga to the students & staff he also said that yoga will keep our minds free from stress and make mentally fit. On this Occasion he gave wide information about Kiriya, Asan, Surya Nameskar and Nati. Yoga student Kuldeep Singh performed Jal Neti Kiriya and Sutar neti Kiriya



very well. Director Finance Dr. Narinder Singh, Dean Academics Dr. G.S.Brar, Director planning & Development Dr. Ashwani Sethi, Deputy Director Sunny Arora, Deputy Director Public Relation Lovlin Sachdeva, Dr. KPS Mehi, Dr. R.K Gupta, Dr. Archana, Dr. Mamta Were also present there to grace the Occasion .At last Deputy Registrar Dr. Amit Tuteja gave vote of thanks to all the students & staff member present there.

### **GKU AWARD**



**Ms. Kirandeep Kaur**  
Distinguished National Education Excellence  
Award 2019 for Best Performer in Research Education  
30-6-2019





**GKU TIME**

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