



SURYA NAMASKAR FOR VITALITY

Under the able guidance of our Principal Dr.Meena Chopra and the Programme Officers Dr.Ila Rathor and Dr.Lovleen Kaur Sohi, the **NSS Units of Dev Samaj College for Women Sector 45- B Chandigarh** participated in the “**Surya Namaskar for Vitality**” challenge to celebrate **India@75, Azadi ka Amrit Mahotsava** on January 14, 2022. 83 participants including the Programme Officers, teachers and volunteers completed 10 rounds of Surya Namaskar on the Makar Sankranti Day. The Surya Namaskar rounds were followed by a short meditation. The session was conducted by Dr Ila Rathor, The Art of Living Teacher and Yoga practitioner. Everyone participated energetically, and completed the rounds enthusiastically. The college and the students registered themselves on the link yoga.ayush.gov.in and got certificates for the same.

Programme Officers

Dr. Ila Rathor

Dr. Lovleen Kaur Sohi





