

International Yoga Day

Ghousia College of Engineering, Ramanagara organized “International Yoga Day” On 21st June 2019 “International Yoga day” was celebrated in our college I at 11 o Clock. All the students of our college had participated in the ‘International Yoga day’. There are 113 boys and 67 girls total 180 Participated in ‘Yoga day’. Our Physical Education Director and Mr Satish yoga Trainer informed about ‘Yoga day’ and Importance of Yoga in our day-today life. The trainer Mr Satish had given us her valuable guidance to the students. The exercises are good and useful to the students. All the students were excited and energetic. Some of our teachers and students had shown us Yoga by following the instruction given by the trainer. We all celebrate the day with a lot of eagerness and joy. It’s a very interesting Day for all of us. The experience we got was really amazing and important.



