



GOVERNMENT POLYTECHNIC, AHMEDABAD

COMPUTER DEPARTMENT

Yoga Day Celebration

Name of Department/Organizer:	Computer Engineering Department
Date :	21 th June 2023
Venue/ Platform:	Library Main building, GP, Ahmedabad
No. of Participants:	20 students + Computer Engg Department faculties

❖ Objective of the Event:

- The objective of event to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence in today's era.

❖ Outcome of the Event:

- Faculty Ms. Alkamam from yoga Institute, demonstrated yoga for students and discussed its advantages. Students learnt many yoga and yoga practitioners believe that when a person connects with Mother Nature with both his mind and soul, he achieves a greater level of consciousness which helps him to be at peace with his surroundings.



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❖ Event Photographs:





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