



ARMY INSTITUTE OF EDUCATION

Plot M-1, Pocket P-5, Sector Chi – 2, Greater NOIDA
Affiliated to Guru Gobind Singh Indraprastha University, Delhi
ISO Certified, NAAC Accredited, NCTE & RCI Approved Institute

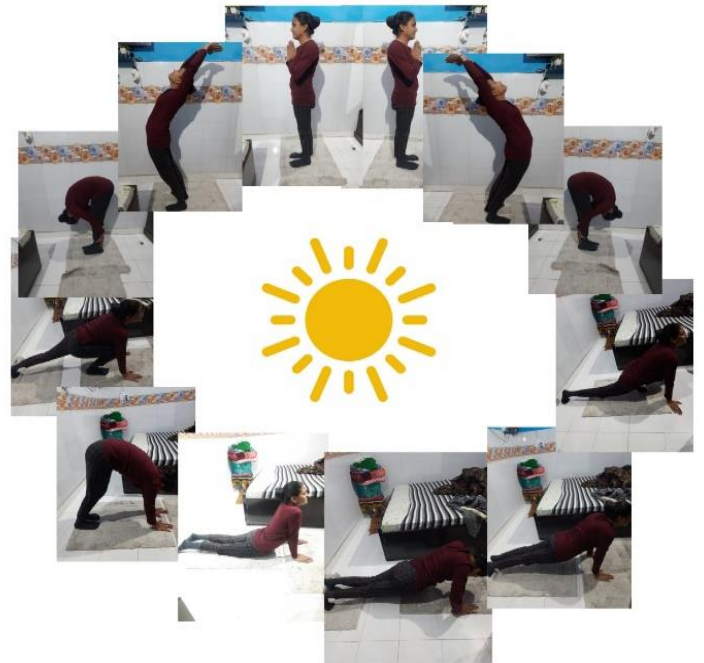


Report on Virtual Surya Namaskar on' Makar Sankranti'

Under **Azadi ka Amrit Mahotsav**, the government of India had desired to organise virtual Surya Namaskar to mark the holy occasion of Makar Sankranti on 14 Jan 2022 under Azadi ka Amrit Mahotsav. This is observed as a thanksgiving to Mother Nature for spreading health, wealth and happiness around.

NSS Cell of Army Institute of Education also organised Virtual Surya Namaskar, where, the student teachers of B.Ed. Batch 2021-23, of Army Institute of Education, actively participated in doing Surya Namaskar . They performed the Asanas with vigour and enthusiasm and rendered full support.





Surya Namaskar for Vitality

Dr Saloni Goel
Program Officer, NSS Cell

Members

Ms Juhi Bidhuri, Asst. Prof., AIE
Mr Yogesh Kumar, Asst. Prof., AIE

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