



Ghaziabad Obstetric & Gynaecological Society

(REGD. UNDER SOCIETIES ACT XXI OF 1860, Reg. No.: 1399)

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Yoga se hi hoga *

Let's celebrate the International Yoga day together on 21 June 2021, 8:30 am *onwards on zoom platform.

- Enjoy the yoga geet
- Know some unknown facts about yoga
- See the rhythmically done surya namaskar.
- watch the enthusiastically clicked pictures of GOGS members doing yoga
- watch the pristine presentation of yogasana by some of our members with their family.
- Do pranayam under the supervision of Mrs Rekha Joshi
Of Bhartiya yog Sansthan .
- See the spectacular work of YOGART by children
- And most of all learn to embrace and practice yoga.
Make it your lifestyle, your art of living.

Zoom ID: 95683988623

Password: ZUtBdWZ

Women's Health : Nation's Wealth