



OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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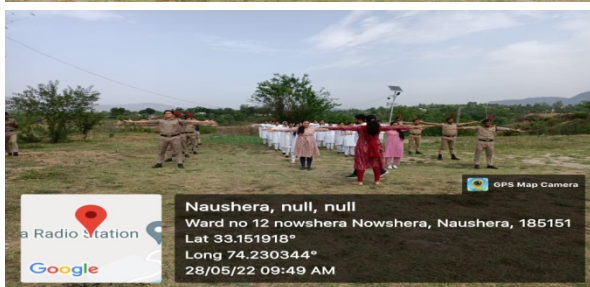
PRESS RELEASE

GDC Nowshera organized a Yoga Session for Faculty and Students

A few minutes of yoga and meditation during a day is very helpful in relieving the stress that accumulates daily in our body as well as mind. Yogasanas and pranayamas are very effective to release this stress and develop a sound body and mind. Keeping this in mind, the Department of Physical Education in collaboration with NCC Unit and Women Empowerment Cell (WEC) of the college organized a Yoga Training Session in the college premises today.

The programme was organized by Dr. Akhil Khajuria, Physical Training Instructor & CTO NCC and Prof. Pooja Devi, Convener Women Empowerment Cell. As many as 45 participants including NCC Cadets, female students and the faculty members of the college took part in this session with full interest and enthusiasm. At the outset, Prof. Pooja Devi, Convener Women Empowerment Cell welcomed the gathering and highlighted the purpose of organizing this yoga session. The training session was formally inaugurated by Dr. Kanwal Kishore Sharma, Principal of the college. Dr. K.K. Sharma, in his message emphasized on the importance of yoga for all and for the students in particular. He also said that yoga and meditation will help the students in acquiring a positive attitude and self-confidence besides developing a sound mind in a sound body.

The yoga session started with warming-up and stretching exercises. Dr. Akhil Khajuria, HOD Physical Education Department demonstrated a few selected yogasanas like *Tadasana*, *Vrikshasana*, *Trikonasana*, *suryanamaskar* etc. to the participants. Prof. Pooja Devi, Convener, WEC explained the importance of pranayamas like *Kapalbhati*, *Bhastrika*, *Anulom-vilom*, *Brahmari*, *sheetali* etc. She motivated the students to practise yoga daily in order to stay fit and healthy. At the end, all the students and faculty members took a pledge to make yoga an integral part of their daily lives. The session proved to be very refreshing, reviving and relaxing.



Sd/-
Principal
GDC Nowshera