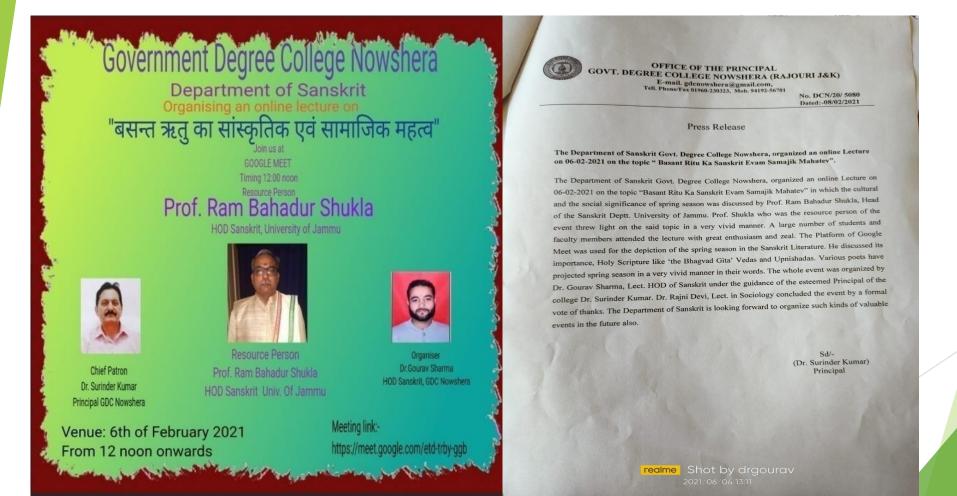
## Department of Sanskrit Govt. Degree College Nowshera ACTIVITIES CONDUCTED

Department of Sanskrit has organized the following activities for the session 2020-21:-

1) Online Lecture on "Basant Ritu ka Sanskritik Evam Samajik Mahatav" on 6th fev 2021:



2. Essay Writing Competition on 22 feb , 2021.



# GDC Nowshera organises essay writing competition

#### **STATE TIMES NEWS**

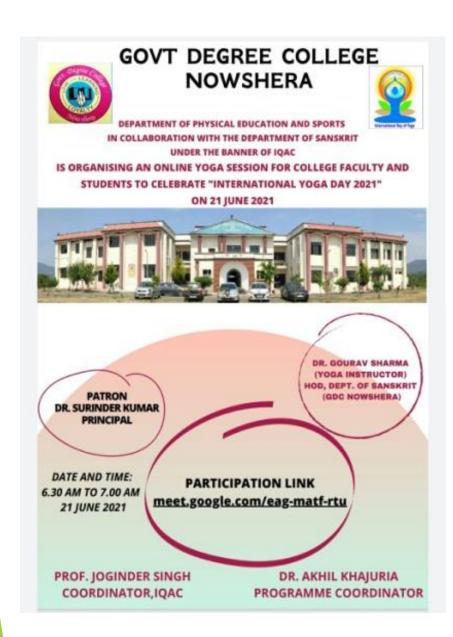
NOWSHERA: On the eve of 'Matri Bhasha Divas'the Department of Sanskrit and the Department of Hindi of GDC Nowshera organised essay writing competition on the topic 'Sanskrit Bhasha Ka Rashtriya Evam Krhetriya Bhashao mein Yogdaan and Matri Bhasha Ke Roop Mein Hindi' in collaboration with IQAC on Tuesday. The main purpose of the event was to aware the students about the importance of Hindi as Mother tongue and the significant of Sanskrit language in National and Regional languages. A large number of students participated in the essay writing competition where they wrote their manuscripts and expressed their views.

The competition was organized by Prof. Davinder Sharma (HOD) Deptt. of Hindi and Dr. Gourav Sharma, Deptt. of Sanskrit under the supervision and guidance of the worthy Principal of the College Dr. Surinder Kumar to encourage and appreciate the students both the departments awarded the best manuscripts of the students and distributed prizes among them. Miss Sonali Bhardwaj of B.A. Sem.Vth , Arti Choudhary B.A Sem. Ist and Shiksha Choudhary of Sem.-I received Ist, 2nd & 3rd prize respectively in Hindi essay writing competition and Miss Arshmani Sharma of Sem.-IIIrd, Taniya Sharma of Sem.-I and Karuna Sharma of Sem.-II got Ist, 2nd and 3rd prize in Sanskrit essay writing competition. The whole event was very informative. The department of Hindi and Sanskrit are really looking forward to organize such kinds of events in the coming future which will help the students in an immense way.

3. An Online Lecture on 25th MAY 2021.



## 4. Celebrate "International yoga day" 2021

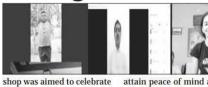


### **GDC Nowshera organized a series of events**

SAHIL CHOUDHARY NOWSHERA, JUNE 21:

Department of Physical Education and Sports in collaboration with NCC Unit of Govt. Degree College, Nowshera under the aegis of IQAC organized TWO DAYS YOGA WORK-SHOP through virtual mode TO CELEBRATE "INTER-NATIONAL DAY OF YOGA, 2021" on 20- 21 June, 2021.

A Large number of faculty Members and students of different Colleges and Universities participated in the two days workshop. Shri. Ravi Chander, Yog Expert, certified from Patanjali yog peeth, Haridwar, was the Resource person. The work- tant to practice yoga daily to Physical Education and



the international day of Yoga 2021 and to promote yoga for healthy living.

On day 2nd, of two days workshop, the session started with welcome address by Dr. Surinder Kumar, principal of the college. He said that the aim of organizing this workshop is to acknowledge the students and the faculty about the importance and benefits of yoga for their health. He also added that it's impor-

attain peace of mind and to release mental stress.

The resource person, Shri Ravi Chander ii demonstrated yog practices as per vog protocol of international day of yoga 2021 which includes prayer, asanas, pranayam and delivered a lecture on the role and importance of voga. Dr. Ayushi Sharma also assisted and gave a briefing about yoga in the session.

A yoga session was also organized by Department of

Sports in Collaboration Department of Sanskrit for both Faculty members and students. A detailed demonsration of various yogasanas like padmasana, tadasana, vrikshasana, surya namaskar and many other poses was made by Dr. Gourav Sharma, HOD Sanskrit of the college.

The Event was organized under the patronage of Dr. Surinder Kumar, Principal of the college and under the supervision of Prof. Coordinator IQAC GDC Nowshera, Dr. Akhil Khajuria, HOD Physical Education and Sports was Programme Coordinator.

