

Two days workshop on Yoga inaugurated at GDC Dharmari

National Service Scheme (NSS) Unit of Government Degree College Dharmari organises two days workshop on Yoga to celebrate International Yoga Day in which more than 80 NSS volunteers of the college, HSS Dharmari and other students are participating. The purpose of the workshop is to make the students aware about the physical, mental and spiritual benefits of Yoga. The workshop started with the inaugural function in which Master Balwant Singh, NSS Program Officer of Government Higher Secondary School, Dharmari was the Special Guest. Prof. Ajay Kumar, NSS Program, Officer of the college formally welcomed the guests and speakers of the occasion and introduced them to the audience and participants. In his introductory speech, he deliberated on the importance of organizing such workshop for bringing about positive changes in the lifestyles of the people specially the students. He further highlighted the role of Yoga in preventing the various deceases. During his address, he expressed gratitude to the worthy Principal of the college Dr. Preetpal Kour for her support in organizing the workshop.

Master Balwant Singh in his address and session focused on the importance of Yoga in grooming the physical and mental personality of the students. He further added that practicing Yoga in routine life can be very helpful in dealing with stress and pressure from the various corners of the society on students. He particularly focused on the basics and pre-requisites for doing yoga and their healthy benefits. He also appreciated the efforts of college administration for organizing such programs in the interest of the students of the far flung areas.

The day first of the workshop concluded with the third session taken by Prof. Balbir Kumar, who shared various experiences and quoted examples of the people who got huge benefits from Yoga in recovering from their long diseases like Asthma, Blood Pressure etc. He further added in his lecture that doing Yoga is a way of life now a days and we cannot live a healthy life without practicing Yoga in the present sedentary lifestyles.

The vote of thanks was presented by Prof. Mohinder Singh, Assistant Prof. of Dogri. The whole Program was organized under the guidance of college Principal, Dr. Preetpal Kour and supervision of NSS Program Officer, Prof. Ajay Kumar.





