

## **Two days Yoga workshop concluded at GDC Dharmari**

Two days workshop on Yoga to celebrate International Yoga Day concluded at Government Degree College, Dharmari. The workshop was organized by the National Service Scheme (NSS) Unit of the college in collaboration with NSS Unit of GHSS Dharmari in which more than 100 NSS volunteers of the college, Government Higher Secondary School Dharmari and other students and staff have taken benefit. The purpose of the workshop is to make the students aware about the physical, mental and spiritual benefits of Yoga.

The day two of the workshop started with the Yoga Practice Session which was taken by Mr. Sudesh Kumar, Yoga Coach working in Khelo-India Centre (KIC), Dharmari under J&K Sports Council. He demonstrated various Asanas and Pranayamas to the participants and also makes them aware about yoga specific general and specific benefits. The participants later practiced the different Asanas demonstrated by Mr. Sudesh.

The second session of the workshop was taken by Lecturer, Sh. Sanjay Kumar Raina who focused on the trading diseases like Blood Pressure, Blood Sugar, Asthma and the importance of Yoga in preventing and treating them. He in his lecture also appealed the students not to practice Yoga on 21<sup>st</sup> June only but to adopt it as a way of life.

In the third session of the day, Mr. Sudesh Kumar, Yoga coach imparted theoretical knowledge of yoga to the students focusing on the history of Yoga and its development through ages. He also interacted with the students regarding the stress they are facing presently due to examinations and other reasons and also suggest some yoga practices to deal with such type of stress and pressure. He also urged the students to adopt Yoga as Sports Activity in their life and requested them to join Khelo-India Centre (KIC) at Dharmari established under Khelo-India Scheme of Government of India.

In the concluding function of the workshop, Prof. Ajay Kumar, NSS Program Officer of the college and workshop coordinator focused on the various career options available in the field of Yoga. He elaborated the various courses of Yoga, Eligibility criteria for getting job in Yoga etc. The vote of thanks on the occasion was presented by Prof. Balbir Kumar, Assistant Prof. of Economics. The whole Program was organized under the guidance of college Principal, Dr. Preetpal Kour and supervision of NSS Program Officer, Prof. Ajay Kumar.

























