



ESTD. 2008

OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE DHARMARI



Dr. Preetpal Kour
(Principal)

No.: GDC/DR/2023/116

M. No. 9419999805

Email: gcdharmari2008@gmail.com

Website: www.gcdharmari.co.in

Dated: 21.06.2023

“International Yoga Day 2023”

---Press release---

To celebrated International Yoga Day 2023 Government Degree College Dharmari organized series of events under the guidance of Principal Dr. Preetpal Kour, in which NSS volunteers, faculty members and local community enthusiastically participated. The event was coordinated by Programme Officer Prof. Baldev Singh (NSS) along with Mr. Ashok Kumar Nodal Officer Red Ribbon Club.

Activity1: Interactive session on 12th June 2023: The event started with lecture by Prof. Anoj Kumar and Mr. Baldev Singh on “Role of Yoga for the prevention of Drug Abuse” and “Basics of Yoga”. The basics of yoga were discussed in an extensive interactive session.



Activity 2: Poster Making Competition was organized on the theme ‘Yoga for Vaisudhaiv Kutumbakam’. 15 students of the college presented their skills demonstrated before the students.



Activity 3: Awareness Rally On 17th June 2023

An awareness Rally on Yoga was conducted by the students led by the NSS Volunteers of the college. The rally was given the green signal by the Principal Dr. Preetpal Kour who addressed the students impressing upon the importance of yoga in today’s life style.



Activity 4: Yoga with Family

The NSS Volunteers, who were prepared by the faculty, conducted yoga sessions with their families at home on 20th June 2023. The selected pictures (with due concern for privacy) have been pasted



Activity 5: 21st June 2023/international On Yoga

the last of the events in the series was 2 hour long programme (from 6:30 am to 8:30 am) which was divided into Asana Demonstrations, Panch-pranayams, and Meditation. Prof. Baldev Singh provided hands-on demonstrations, sharing valuable insights on correct postures and subtle aspects related to ashtang yoga. The event was coordinated by whole staff and attended by the NSS Volunteers and other students of the college.



The overall activities to celebrate Yoga Day were conducted under the supervision of Principal GDC Dharmari, Dr. Preetpal Kour, who also oriented the participants on this occasion and said that the primary objectives of the Yoga celebration is a significant step to create awareness about the importance and benefits of yoga in maintaining physical, mental and spiritual well being and to foster a sense of unity, relation and mindfulness among the participants. The other faculty members who coordinated the event were Prof. Khalid Sajad Bohra and Dr. Mohd Akhtar.