GOVT. DEGREE COLLEGE FOR WOMEN



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**Press Release**

**Yoga Session Organises at GDCW Kathua**

A Yoga Session was organized by NSS,RRC, NCC, Sports of Govt. Degree College for women, Kathua in collaboration with Department of Ayush Health unit of district Kathua on 26-05-2023. The entire Programme was organized under the patronage of Dr Savi Behl worthy Principal of the college. Dr Rekha Medical Officer and Mr Ankush, Mrs.Aditi **Yoga expert** and Rajeev Kumar official represented from Ayush Department Kathua. The Programme was started by welcome speech by Dr Arun Dev Singh NSS Programme Officer. Dr Savi Behl, esteemed ,Principal Govt Degree College for Women Kathua spoke on this occasion, she appreciated the effort of Dr. Arun Dev Singh, NSS Programme officer,Dr Vaishno Devi ANO, NCC,Mr Roshan Lal PTI and Prof Satish Khajuria in charge ABHA unit for organizing such a wonderful yoga session with the benign help of Department of Ayush in which all the NSS ,RRC Volunteers and NCC Cadets participated with great zeal and enthuse. She encouraged and supported the volunteers by saying that Yoga is beneficial for our health and day to day routine work which will definitely reduce the tension, stress and work pressure. She also added that yoga practices shall develop positive atmosphere among the masses which will also pave the way of society for improving of health standard .Dr Arun Dev Singh also spoke and motivated the Volunteers and NCC cadets to carry out the message of International Yoga Day which we celebrate every year for spreading yoga awareness among the people. Dr Rekha also conveyed among the participants that by doing yoga we can minimize our mental, physical and emotional stress and we must follow it as routine habit if we want to be hale and hearty .Mr Ankush and Aditi displayed different Yoga asana’s which would be helpful for all the participants in their life and gave valuable tips to them so that they may have healthy , congenial and disease free life, they motivated them and said that volunteers and NCC cadets may also play a vital role in the society to inculcate the spirit of fitness, prosperity and happiness after getting Knowledge from this session.Both of them also emphasized upon that these days most of the people are suffering of many diseases and escalate tensions due to over work in the society and hoping that Yoga would definitely de-escalate these tensions of all the people and make them free from all the diseases and conveyed that there is only hope in Yoga which help us to eliminate many diseases and reduce our routine tension related to health of the people and day to day life. Yoga can curb many sever diseases like sugar, blood pressure, hyper tension and many more. Dr. Arun Dev Singh also displayed some of the tips related to Yoga of pranajam and stressed upon that these asana’s would make all the people of society healthier and happy in case they follow these tips in their daily life. He also conveyed among the volunteers that they should carry the message related to health issues to every nook and corner of the society and aware them regarding Yoga mantra. On this occasion the herbal medicine was distributed among the students and teachers . Dr Vaishno Devi also spoke on the occasion and presented vote of thanks to all the invited Guest, and she also extended her special gratitude to the entire team of Department of Ayush and Dr Rekha who guided the NSS Volunteers, NCC cadets and the students how to register on ABHA portal and get their ABHA card downloaded. She specially thanked the media persons who spared their valuable time for covering the wide programme.The staff members were present : Prof Ashwani Khajuria , Dr Vijay, Dr Rajni Khajuria, Dr Mukesh, Dr Varchaskam, Dr Ajay Sanotra, Dr Ritu Raj, Dr Usha Kiran, Roshan Lal PTI and non teaching Staff asa well.

Principal

Dr. Savi Behl