

National Webinar on Yoga for health and Wellness

17th June 2022 Department of Sports GCW Udhampur organized "National webinar on Yoga for health and wellness" 17-06-2022.

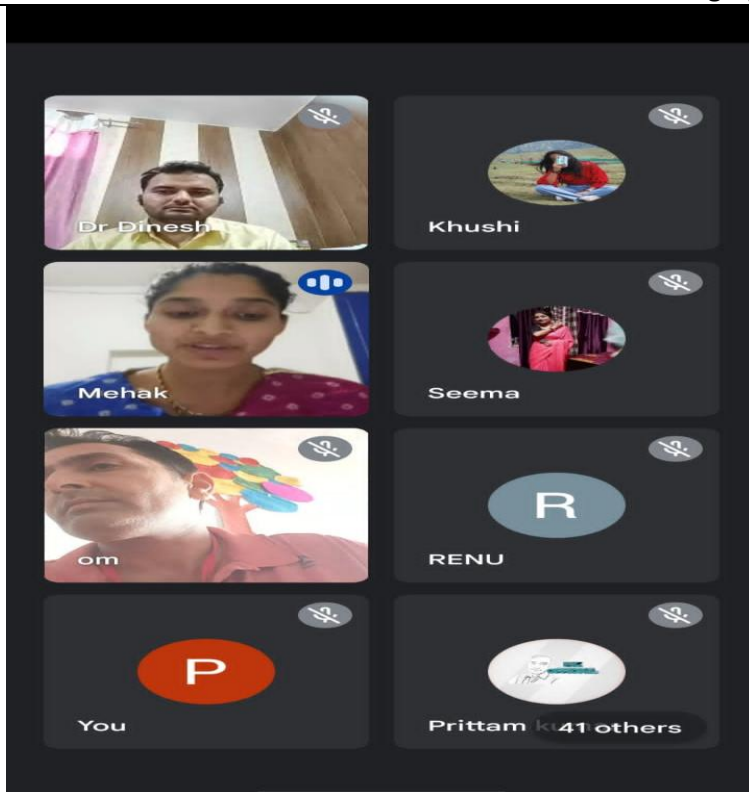
Department of Sports, Government College for Women Udhampur under the patronage of worthy Principal Prof Dr Monika Sharma, today organized a National level webinar on "Yoga for health and wellness".

The program started with the welcome address by Dr Dinesh Kumar physical Director of the college and by citing that how Yoga can fight the menace of illness and lifestyle disorders world over. In total more than 100 participants actively attended the webinar and shared their views. Whereas 10 Participants had read and presented their paper/article written on different aspects of yoga and wellness.

The technical session was chaired by Vimal Kishore assistant professor, Department of physical Education, University of Jammu, Dr Jogbinder Singh Soodan College Director of physical Education and Sports GDC Kathua, Dr Bhavik Mankodi Owner Ultimate sports and Fitness center Nasik Maharashtra. Seema a student of GCW Udhampur adjudged as best presenter whereas Mehak Manhas of GCW Udhampur and Pritam Kumar of GDC Ramnagar adjudged 2nd & 3rd.

The program ended with the vote of thanks by Sanjay Kumar assistant professor of philosophy. Other college faculty Dr Ashok HOD department of mathematics, Sumita Rao assistant professor of Zoology & Yash Kumar assistant professor of Music actively attended the webinar.

Photographs



GCW Udhampur hosts National webinar on Yoga for health and wellness

GJ REPORT

UDHAMPUR, JUN 18: Department of Sports, Government College for Women Udhampur, under the patronage of the College Principal Prof Dr Monika Sharma, today organised a National level webinar on "Yoga for health and wellness".

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Around 10 participants read and presented their paper/article written on different aspects of yoga and wellness.

The technical session was chaired by Vimal Kishore, Assistant professor Department of Physical Education, University of Jammu in presence of Dr Jogbinder Singh Soodan, College Director of physical Education and Sports GDC Kathua and Dr Bhavik Mankodi, Owner Ultimate sports and Fitness center Nasik, Maharashtra.

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NIN NEWS SERVICE
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Seema of GCW Udhampur was adjudged as best presenter, while Mehak Manhas of GCW Udhampur and Pritam Kumar of GDC Ramnagar were adjudged as 2nd & 3rd. The program ended with the vote of thanks



by Sanjay Kumar, Assistant professor of philosophy. Dr Ashok, MOD Department of Mathematics, Sumita Rao, Assistant Professor Zoology & Yash Kumar, Assistant Professor Music also attended the webinar.

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HIMALAYAN MAIL NEWS
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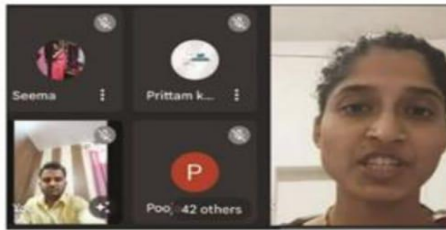
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JL NEWS SERVICE

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EARLY TIMES REPORT

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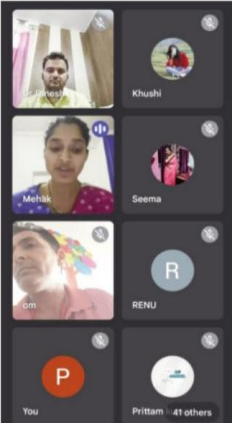
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स्टेट समाचार

योग पर वेबिनार में 100 से अधिक प्रतिभागियों ने लिया भाग

उधमपुर। स्टेट समाचार

राजकीय महिला महाविद्यालय के खेल विभाग द्वारा प्राचार्य प्रोफेसर डॉ. मोनिका शर्मा के संरक्षण में शनिवार को 'स्वास्थ्य और कल्याण के लिए योग' पर एक राष्ट्रीय स्तर का वेबिनार आयोजित किया गया। कार्यक्रम की शुरुआत कॉलेज के भौतिक निदेशक डॉ. दिनेश कुमार के स्वागत भाषण से हुई। उन्होंने बताया कि कैसे योग दुनिया भर में बीमारी और जीवन शैली संबंधी विकारों के खतरे से लड़ सकता है। कुल मिलाकर 100 से अधिक प्रतिभागियों ने वेबिनार में सक्रिय रूप से भाग लिया और अपने विचार साझा किए। जबकि 10 प्रतिभागियों ने योग और तंदुरुस्ती के विभिन्न पहलुओं पर लिखे अपने लेखों को पढ़कर प्रस्तुत किया। तकनीकी सत्र



विभाग, जम्मू विश्वविद्यालय, डॉ. जोगबिंद्र सिंह सूदन कॉलेज निदेशक शारीरिक शिक्षा और खेल जीडीसी कटुआ, डॉ भाविक मनकोड़ी मालिक अल्टीमेट स्पॉर्ट्स एंड फिटनेस सेंटर नासिक महाराष्ट्र ने की। जीसीडब्ल्यू उधमपुर की छात्रा सीमा को सर्वश्रेष्ठ प्रस्तुतकर्ता चुना गया, जबकि जीसीडब्ल्यू उधमपुर की महक मन्हास और जीडीसी रामनगर के प्रीतम कुमार ने दूसरा और तीसरा स्थान हासिल किया। दर्शनशास्त्र के सहायक प्राध्यापक संजय कुमार के धन्यवाद जापन के साथ कार्यक्रम का समापन हुआ। अन्य कॉलेज फैकल्टी डॉ. अशोक एचओडी गणित विभाग, सुमिता राव जूलाँजी के सहायक प्रोफेसर और यश कुमार संगीत के सहायक प्रोफेसर ने वेबिनार में सक्रिय रूप से भाग लिया।

की अध्यक्षता विमल किशोर सहायक प्रोफेसर शारीरिक शिक्षा

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GY CORRESPONDENT

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