

Principal GCW Udhampur Inaugurated 7-day workshop on Yoga & Wellness organized by Department of Sports w.e.f 25 May 2022.

UDHAMPUR, MAY 25:- A 7-Day long workshop on Yoga & Wellness to be organized by the Department of Sports, Government College for Women Udhampur in collaboration with NSS Unit, inaugurated here on Wednesday 25th May 2022.

The inaugural Ceremony started with a tree plantation by the worthy chief guest Principal Dr Monika Sharma and guest of honour, DYSSO, Udhampur Shri Swaran Singh accompanied by Dr Dinesh Kumar Physical Director and organizing secretary of the workshop, and by the lighting of the ceremonial flame followed by yoga prayer presented by students of Department of Music and the formal welcome address by Sanjay Kumar Assistant professor of Philosophy.

On the occasion, a breathtaking yoga demonstration was given by college students.

Addressing the participants, the Chief Guest highlighted the infinite potential and value of yoga in promoting a healthy nation and world and in fighting illness and Covid-19. She lauded the efforts of Dr Dinesh, Physical Director for planning and organizing such an event in the shortest possible time for the larger benefit and welfare of the students and staff as well.

The DYSSO explained the benefits of practicing yoga and gave tips on maintaining the right posture while stressing on breathing technique which he said was the greatest stress reliever.

In the end organizing Secretary Dr Dinesh Kumar also explained the real essence of yoga and proposed the formal vote of thanks. Opening ceremony ended with a shanti path, followed by refreshment to the participants.

The organizing committee of the event included Dr. Mool Raj HOD Urdu, Shri Arun Gupta Librarian, Shri Sanjay Kumar HOD Philosophy, Shri Yash Paul HOD History, Sumit Sharma Assistant Professor of English, Yash Kumar Assistant professor Music, Rajinder Singh HOD Punjabi.

The ceremony was also graced by the presence of Prof (Dr.) Seema Sharma HOD Music, Prof Kewal Kumar HOD Chemistry, Prof. Sumita. Assistant Prof. Music Dr. Sanjay Kumar, Lecturer(AA) Mukteshi Sharma, M.D Yonous, Balbir Singh, Ram Kishan, Subash Chander, Purshotam, Shamsheer, Kuldeep Singh and the members of students' council.





Northlines
CORRESPONDENT

GCW Udh hosts workshop on Yoga & Wellness

NORTHLINES CORRESPONDENT
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Principal of the college, Prof. (Dr.) Monika Sharma was the chief guest, while District Youth Services and Sports officer S. Swarn Singh was the guest of honour on the occasion.

On the occasion, a breathing yoga demonstration was given by college students.

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GCW hosts 7-day workshop on Yoga & Wellness

TNN BUREAU

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स्टार समाचार
संजय कुमार

योग और वेलनेस पर आधारित 7 दिवसीय कार्यशाला का हुआ शुभारंभ

उधमपुर। स्टार समाचार

खेल विभाग द्वारा राजकीय कॉलेज फॉर वीमेन उधमपुर में एनएसएस यूनिट के सहयोग से 25 मई 2022 से 31 मई तक चलने वाली योग और वेलनेस कार्यशाला का बुधवार को शुभारंभ किया गया। उद्घाटन समारोह को शुरुआत संगीत विभाग जीसीडब्ल्यू के छात्रों द्वारा योग प्रार्थना और औपचारिक स्वागत भाषण प्रो. संजय कुमार के मुख्य अतिथि प्रो. डॉ. मोनिका शर्मा महाविद्यालय की प्राचार्य

एवं विशिष्ट अतिथि सरदार स्वर्ण सिंह जिला युवा सेवा एवं खेल अधिकारी, उधमपुर द्वारा वृक्षारोपण, दीप प्रज्वलन से हुई। तत्पश्चात कॉलेज के छात्रों द्वारा मनमोहक योग की क्रियाएं प्रस्तुत की गईं। सभी को संबोधित करते हुए मुख्य अतिथि ने कॉलेज के छात्र-छात्राओं व स्टाफ से योग में अनंत क्षमता और महत्व पर जोर दिया।

स्वस्थ राष्ट्र और बीमारी से लड़ने और समकालीन समय में कोविड-19 से लड़ने में योग की महत्वपूर्ण भूमिका है। वहीं, विशिष्ट अतिथि सरदार स्वर्ण सिंह ने सभी को संबोधित करते हुए समझाया कि योग का अभ्यास करने के लाभ और सांस लेने पर जोर देते हुए सही मुद्रा कैसे बनाए रखें। उन्होंने कहा कि तकनीक सबसे बड़ा तनाव रिलीवर है। वहीं, डॉ. दिनेश भीतिक निदेशक एवं आयोजन सचिव ने योग का असली सार समझाया और औपचारिक धन्यवाद प्रस्ताव दिया। शांति पथ के साथ उद्घाटन समारोह का समापन हुआ। कार्यक्रम की आयोजन समिति जिसमें डॉ. मूल राज एचओडी उर्दू, प्रो. अरुण गुप्ता लाइब्रेरियन, प्रो. संजय एचओडी फिलॉसफी, प्रो. यशपाल एचओडी हिस्ट्री, प्रो. सुमिता अंग्रेजी के सहायक प्रोफेसर, प्रो. यश कुमार सहायक प्रोफेसर संगीत, प्रो. राजेंद्र एचओडी पंजाबी मौजूद रहे।

Valedictory function of 7-day workshop on Yoga & Wellness organized by Department of Sports w.e.f 25 may- 31 May 2022.

The weeklong workshop on 'Yoga & wellness' organized by Department of Sports & NSS wings Government College for Women(GCW) Udhampur concluded here today on 31st May 2022. Principal of the college Prof (Dr) Monika Sharma was the chief guest while Director Physical GDC Ramnagar, Dr Mukesh Sharma was the guest of honor on the occasion. While addressing the participants, Principal Dr Monika Sharma said that yoga is the way and expression of life in a real sense. In her address she said that Yoga is a powerful way for students to keep physically and mentally fit, and to create balance in students' life and improve their ability to focus and concentrate. Ceremony started with floral welcome and welcome address by Assistant Professor of Philosophy Sanjay Kumar. On the occasion, Students from Department of Music also presented a scintillating cultural programme which was highly applauded by the audience under the supervision of Head of Department Music, Dr. Seema Sharma. Chief Guest and Guest of honor further distributed the certificate of participation to all the participants and member organizing committee in

the recognition of their active work during the 7 days long workshop. While addressing the gathering the organizing secretary of the workshop Dr Dinesh Kumar said how allopathic medical system is totally failed in eradicating hypokinetic diseases, which can only be treated by following active lifestyle and while presenting the workshop report Dr Dinesh mentioned that around 200 participants registered themselves for the workshop including staff and students of the college, whereas 102 participants had regularly attended the training sessions which were held in the College play ground from 7:45 to 10 am taken by different yogic science experts Yoga Acharayas Rajnish Sharma, Yash Paul khajuria and Sudesh Kumar. Among others who were present in the programme were Prof. Seema Sharma HOD Music, Dr Kewal Kumar, HOD Chemistry, Dr Ashok Kumar, Associate professor of mathematics, Dr Mool Raj, HOD Urdu, Prof Arun Gupta, Librarian, Prof Sumita Rao Dean students welfare, Prof Sunil Singh, Prof Binny Kumar HOD Commerce, Prof Yashpal HOD History, Prof. Sumit Assistant Professor of English, Prof Yash Kumar, Assistant professor Music, Prof Sanjeev Upadhaye, Md. Yonous, Shri Ram kishan, Shri Subash Chander, Shri Purshotam, Shri Shamsher, Shri Kuldeep Singh and the members of students council.



Weeklong workshop on 'Yoga & wellness' concludes

TNN BUREAU

UDHAMPUR: The week-long workshop on 'Yoga & Wellness' organized by Department of Sports, Government College for Women (GCW) Udhampur in collaboration with NSS wing, concluded here today.

Principal of the college Prof (Dr) Monika Sharma was the chief guest while Director Physical GDC Ramnagar, Dr Mukesh Sharma was the guest of honour on the occasion.

While addressing the workshop, Principal Dr Monika Sharma said that yoga is the way and expression of life in a real sense. In her address she said that Yoga is a powerful way for students to keep physically and mentally fit, and to create balance in students' life and improve their ability to focus and concentrate.

Dr. Mukesh also spoke on the importance of physical activity and yoga with Indian traditional education system



perspectives and said how being fit, regular participation in physical activity and yoga was an inseparable part of ancient education.

In his welcome address, Assistant Professor of Philosophy Sanjay Kumar highlighted the seven day Yoga workshop.

He said that in total despite the examinations going on, a total of 200 participants registered themselves for the workshop including staff and students of the college, whereas 102 participants had regularly attended the training sessions.

He further informed that the yoga training sessions were held in the College play ground from 7:45 to 10 am taken by Yoga Acharayas Raj-

nish Sharma, Yash Paul Khajuria and Sudesh Kumar.

On the occasion, Students from Department of Music also presented a scintillating cultural programme which was highly applauded by the audience under the supervision of Head of Department Music, Dr. Seema Sharma and coordinated by the Assistant Professor Yash Kumar and Dr. Sanjay Kumar.

While addressing the gathering the organizing secretary of the workshop Dr Dinesh Kumar said how allopathic medical system is totally failed in eradicating hypokinetic diseases, which can only be treated by following active lifestyle and proposed the formal vote of thanks.

Later, the chief guest also

distributed certificate among the participants in the workshop.

Among others, Dr. Seema Sharma HOD Music, Dr Kewal Kumar, HOD Chemistry, Dr Ashok Kumar Associate professor of mathematics, Dr Mool Raj, HOD Urdu, Prof Arun Gupta, Librarian, Prof Sumita Rao Dean students welfare, Prof Sunil Singh, Prof Binny Kumar HOD Commerce, Prof Yashpal HOD History, Prof. Sumit Assistant Professor of English, Prof Yash Kumar Assistant Professor Music, Prof Sanjeev Upadhaye, Md. Yonous, Shri Ram kishan, Shri Subash Chander, Shri Purshotam, Shri Shamsher, Shri Kuldeep Singh and the members of students council.

NORTH LINES

Workshop on 'Yoga & Wellness' concludes



NORTH LINES CORRESPONDENT

UDHAMPUR, June 01: The week-long workshop on 'Yoga & Wellness' organized by Department of Sports, Government College for Women (GCW) Udhampur in collaboration with NSS wing, concluded here today.

Principal of the college Prof (Dr) Monika Sharma was the chief guest while Director Physical GDC Ramnagar, Dr Mukesh Sharma was the guest of honour on the occasion.

While addressing the workshop, Principal Dr Monika Sharma said that yoga is the way and expression of life in a real sense.

In her address she said that Yoga is a powerful way for students to keep physically and mentally fit, and to create balance in students' life and improve their ability to focus and concentrate.

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Youtube video Link:- <https://youtu.be/zLJDdBsXQ-g>

Video :- <https://www.youtube.com/watch?v=KF3tEIQqDOc>