



Government of Jammu & Kashmir, India  
**OFFICE OF THE PROGRAMME OFFICER, NSS UNIT**  
**GOVT. GENERAL ZORAWAR SINGH MEMORIAL DEGREE COLLEGE REASI**

(Affiliated to University of Jammu)

NAAC Accredited Grade B (CGPA 2.22)

Estd. 2003

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## **-PRESS RELEASE-**

### **GOVT. GENERAL ZORAWAR SINGH MEMORIAL DEGREE COLLEGE, REASI ORGANIZED YOGA AWARENESS LECTURE AND DEMONSTRATION**

Government General Zorawar Singh Memorial Degree College, Reasi has organized Yoga Awareness Lecture and Demonstration as a part of the celebrations of International Yoga Day-2023 in which around 100 students and staff members of the college have participated. Ms Soumiya Gupta, National Yoga Player from Udhampur demonstrated various Asanas to the students and Mr. Abdul Majid (YOGA INSTRUCTOR, Ayush Health and Wellness Centre, Reasi) explained the importance of Yoga in our life. The principal of the college, Dr. Kulvinder Kour was the Chief Guest on the occasion. She explained the level of stress in the present day and other negative tendencies like mood swings, lack of concentration etc. which can be improved and cured with the help of YOGA. Mr. Ajay Kumar, NSS Programme Officer detailed the students about the upcoming activities as a part of International Yoga Day-2023. The stage was hoisted by Mr. Shahi Kumar Sharma, Physical Training Instructor. Others present on the occasion include Dr. Samriti Aggarwal, Prof. Kewal Krishan, Dr. Saleem Ahmed, Prof. Sunil Mangotra (NCC Officer) etc. The whole Programme was conducted with the joint collaboration of the College, NSS & NCC Units (Boys & Girls), College Healthcare, and NOCORD Committee.

Sd-

**PRINCIPAL**

**NOT ME BUT YOU**





**NOT ME BUT YOU**







**NOT ME BUT YOU**





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