



Government of Jammu & Kashmir, India

OFFICE OF THE PRINCIPAL

GOVT. GENERAL ZORAWAR SINGH MEMORIAL DEGREE COLLEGE REASI

(Affiliated to University of Jammu)

NAAC Accredited Grade B (CGPA 2.22)



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-PRESS RELEASE-

NSS Unit in collaboration with NCC Unit of GGZSM Degree College organized a Yoga session under Azadi Ka Amrut Mahotsav.

NSS Unit in collaboration with NCC unit of the GGZSM Degree College organized an event under Azadi ka Amrut Mahotsav as a part of Count-Down activities to International Day of Yoga which is celebrated on 21st of June every year.

The event began with the motivational words by the worthy chair, Dr. Chander Shekhar, who inspired the volunteers to include yoga in their daily life along with the benefits of yoga. Moreover, the chair discussed about the current year's theme for the yoga i:e 'Yoga for Humanity' while addressing the volunteers. Speaking on the occasion, Principal praised the efforts of all the volunteers and said that yoga brings together physical and mental disciplines to achieve a peaceful body and mind. It helps manage the stress and anxiety while keeping the person relaxed in today's modern lifestyle. Yoga increases flexibility, muscle strength along with body tone and improves respiration and energy of human body.

Mr. Nikhil Banathia, the Yoga instructor for the event demonstrated various Yoga postures by performing them and the volunteers too enthusiastically performed the same. While performing each posture, the instructors made aware the volunteers about the benefits of each position and motivated the students to perform such postures to lead a healthy life. More than 50 volunteers took part in the event.

The event was organized by Prof. Palvinder Kumari, NSS PO, Prof. Norin Akhtar NCC PO along with Prof. Sunil Magotra (ANO NCC) and Mr. Shashi Sharma PTI.

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