

DATE : .....

Date : 03-12-2022

Time : 12:30 pm

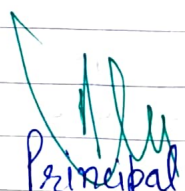
Venue : Meditation Room

Organiser : Yoga and Meditation Club.

## REPORT :

Yoga and Meditation Club of Govt. College Nagrota celebrated "Geeta Jayanti". The students came to know about the relevance of Bhagwad Gita which is a guidebook to life. This scripture is entirely representational and highly symbolic. There is no real battlefield or fight to be won; the entire text is a representation of the battle that goes on in our minds. It encourages us to live life with purity, strength, discipline, honesty, kindness and integrity in order to find our purpose and to live it fully. Just as Krishna encourages Arjuna to cast aside all doubts and trust in his highest Self, so the knowledge of Bhagwad Geeta is very useful in the holistic development of human beings. The students of B.A. 1<sup>st</sup>, B.A. 2<sup>nd</sup>, B.A. 3<sup>rd</sup>, B.Com 1<sup>st</sup> and M.A. English participated in this programme. They felt highly motivated and inspired by this programme.

In-Charge  
Sunita Devi

  
Principal  
Govt. College Nagrota Bagwan  
H.P.