

DATE: 22/09/2022

One Day Workshop on Meditation

Date: 22-09-2022

Time: 11:30 a.m.

Venue: Meditation Room

Organiser: Yoga Club

REPORT :

A one-day workshop on Meditation was organised for the students. All the participants willingly participated in the session. Various poses and affirmations leading to experience the joy and peace of self-realization. The benefits of regular Sahaj Yoga techniques were performed by everyone under the able guidance of Prof. Sunita, in-charge Yoga and Meditation Centre.

1. Raising the Kundalini
2. Breathing exercise: (i) Pranayam
(ii) Anulom-Vilom

All the participants enjoyed the workshop and also shared their views after attending the workshop.

Benefits of Meditation :

- Building skills to manage stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing patience and tolerance.
- Strengthens Immune System.
- Improves ability to multitask.

DATE :



Practised Breathing Exercises



~~_____~~ In-charge

In-charge

A. Sanyal
Principal
Govt. College Nagrata Bagwan

DATE: 08/10/2022

Workshop on Meditation

Date: 08-10-2022

Time: 11:15 a.m.

Venue: Lecture Theatre and meditation room

Organiser: Yoga Club

No. of Students: 92

REPORT:

A one-day workshop on Yoga and Meditation was organised by Yoga Club of the College for the students. The students practised Bhramari Pranayam which is the best cure for stress. This pranayam nurtures peace in our being, lowers one's blood-pressure thus relieving hypertension. Bhramari Pranayam, or Bee-breath is a humming breath practice. It is named after the black bumble bee in India. This Yoga pose works mainly for the ear, nose and throat. It also incorporates simple eye exercises and other body parts which is also a great benefit. The students of B.A, /B. Sc. /M.A. practised this pranayam and felt very delighted.

Benefits of Bhramari Pranayam:

- Calms and quiets the mind.
- Releases cerebral tension.
- Soothes the nerves.
- Relieves the stress and anxiety.
- Dissipates anger.
- Bolsters the health of the throat.
- Lowers blood pressure.



Humming breath practice

Bee - Breath Prayana



Smty
In-Charge

M. Jyoti
Principal
Govt. College Nagaria
HR

DATE: 21/10/2022

Activities for Diwali Celebration

Date : 21-10-2022

Time : 2:30 P.M.

Venue : Meditation room

Organiser : Yoga Club

No. of students : 18

REPORT :

Yoga and Meditation Club of Govt. Degree College Nagrota Bagwan organised different activities to celebrate Diwali. The participants formed rangoli of colours, flowers, rice and natural objects. They also decorated meditation room with lights and flowers. The following were the participants

- (I) Saethika
- (II) Akansha
- (III) Ankita
- (IV) Pallavi
- (V) Bittor
- (VI) Suryanesh
- (VII) Vishal
- (VIII) Aman
- (IX) Nancy
- (X) Aabha

DATE 21/10/2022



Flower - Rangoli making



Diwali celebration through rangoli of flowers and colours.

DATE :

Students celebrated Divali



Rangoli of Colours



~~Smty~~
In-charge

Principal
Govt. College Nagrota Bagwan
H.P.

DATE 27/10/22

Yoga and Meditation Club Organised Sanskrit Shloka Writing Activity



Kanara, Himachal Pradesh, India
B pharmacy
Long 76.391
Lat 32.1126
29/10/2022

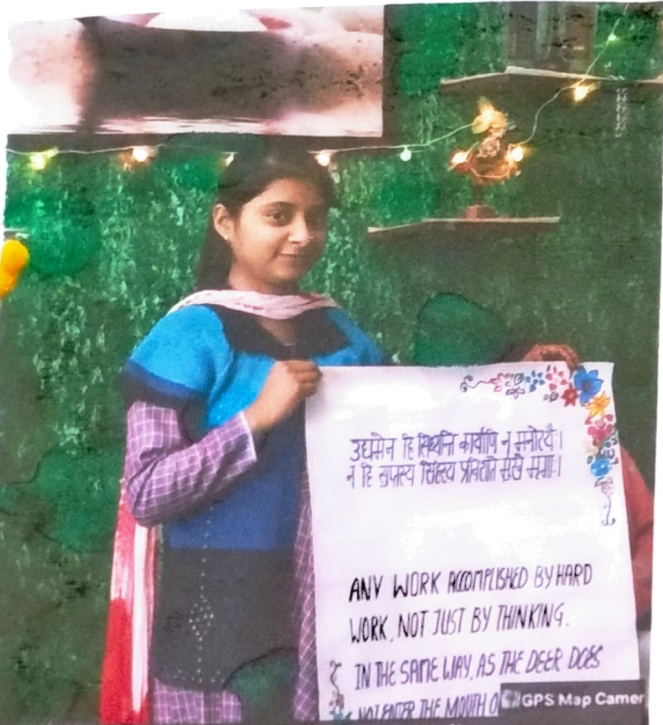


Kanara, Himachal Pradesh, India
College, 497R+3J9, Lakrehr, Nagrota
34 AM



Kanara, Himachal Pradesh, India
B pharmacy college, 497R+3J9, Lakrehr, Nagrota
Long 76.391603
Lat 32.112659
27/10/2022 11:36 AM

DATE: 27-10-2022



उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।
न हि सुप्तस्य सिंहस्य प्रवेशेति मुखे मूषाः ।

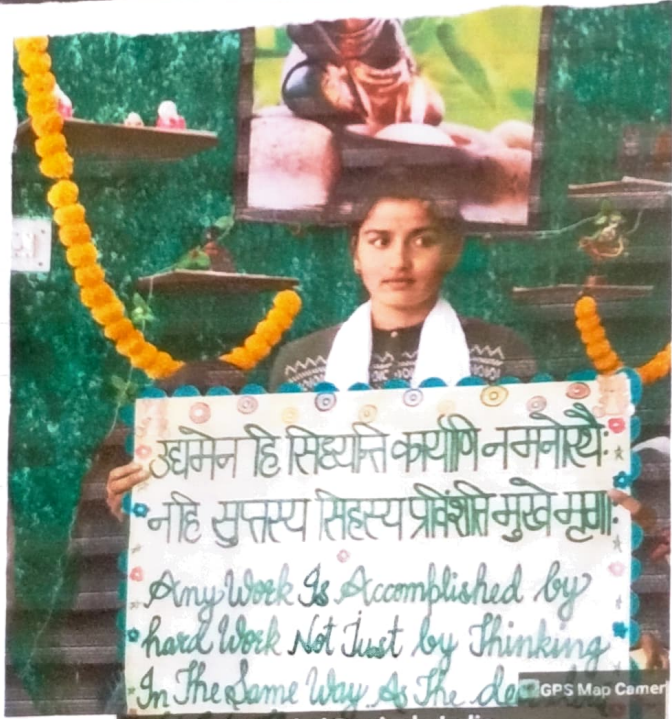
ANY WORK ACCOMPLISHED BY HARD
WORK, NOT JUST BY THINKING.
IN THE SAME WAY, AS THE DEER DOES
NOT ENTER THE MOUTH OF

Kanara, Himachal Pradesh, India
B pharmacy college, 497R+3J9, Lakrehr, Nagrota
Long 76.391603°
Lat 32.112659°
27/10/2022 11:33 AM



दुष्टो मृत्युश्चैव जन्म
मृतस्य च । तस्मात्
परिहरेद्दुष्टं नृत्तं
रोचिषुर्गतिम्

Kanara, Himachal Pradesh, India
B pharmacy college, 497R+3J9, Lakrehr, Nagrota
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Lat 32.112659°
27/10/2022 11:33 AM



उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।
न हि सुप्तस्य सिंहस्य प्रवेशेति मुखे मूषाः ।
Any work is accomplished by
hard work not just by thinking
In the same way as the deer

Kanara, Himachal Pradesh, India
B pharmacy college, 497R+3J9, Lakrehr, Nagrota
Long 76.391603°
Lat 32.112659°
29/10/2022 11:31 AM

DATE: 27-10-2022

Date: 27-10-2022

Time: 11:30 a.m.

Venue: Yoga Centre

Organiser: Yoga Club.

No. of students: 11

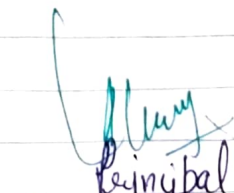
REPORT :

In order to make students aware about the relevance of Sanskrit language, the Yoga and Meditation Club of Govt. Degree College Nagrota conducted Sanskrit Shloka Writing Competition. Through these Shlokas the students came to know about importance of Sanskrit. As Sanskrit is recognised as a storehouse of scripture and as the language of prayers in Hinduism, since chanting of shlokas is accompanied by systematic rhythmic deep breathing, it brings in an added supply of oxygen which helps sharpen focus, improve concentration and make a person more enthusiastic. Recitation and memorisation of shlokas enhance brainpower. The intellectual skills can also be improved by chanting shlokas for children. Practising it regularly improves mental and physical health. The following students took part in this competition:

- (I) Aksha
- (II) Sambhavi
- (III) Sejal
- (IV) Navneet
- (V) Vanshika
- (VI) Seerita



In-Charge



Principal
Govt. College Nagrota Bagron

DATE :



GPS Map

null, Himachal Pradesh, India
B pharmacy college, 497R+3J9, Lakrehr, Nagrota
Long 76.391603°
Lat 32.112659°
17/11/2022 11:15 AM



GPS Map Camera

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B pharmacy college, 497R+3J9, Lakrehr, Nagrota
Long 76.391603°



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17/11/2022 11:18 AM



DATE :

Date : 17-11-2022
 Time : 11:15 Am
 Venue : College Campus
 Organiser : Yoga Club
 No. of Students : 62

REPORT :

In order to tell the relevance of Yoga and Meditation in our life, the Yoga Club of Govt. College Nagrota Bagwan organised different activities. The in-charge of the Club Mrs. Surita told students different Yoga and Meditation techniques. She told that Yoga and Meditation are considered as a good source of relaxation as they aid in lowering blood pressure as well as hormone regulation. By doing yoga regularly, students can obtain a better immune system thus a healthier body. This further enables students to keep their emotions in control and analyse the outcome of their reaction with every aspect of their lives. It also boosts students' performance and overall academic improvement. It alleviates psychological pressure in students that are capable of triggering various symptoms of depression. It instills compassion and perseverance among students. The students from different streams practised the following yoga :

- I Surya Namaskar
- II Pranayam
- III Anulom - Vilom
- IV Chanting Mantras
- V Bridge Pose

At the end special emphasis were laid on the breathing patterns of 'Pranayam'

Surita
 In-Charge

Surya
 Principal
 Govt. College Nagrota
 (H.P.)

Date : 03-12-2022

Time : 12:30 pm


Venue : Meditation Room

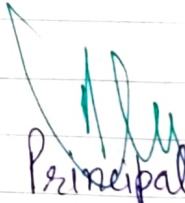
Organiser : Yoga and Meditation Club

No. of Students : 24

REPORT :

Yoga and Meditation Club of Govt. College Nagrota celebrated "Geeta Jayanti." The students came to know about the relevance of Bhagavad 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 Bhagavad Gita is very useful in the holistic development of human beings. The students of B.A. 1st, B.A. 2nd, B.A. 3rd, B.Com 1st 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.

DATE :

Date : 20-12-2022

Time : 12:00 PM


Venue : College Campus

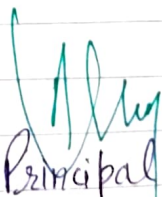
Organiser : Yoga and Meditation Club

No. of Students : 42

REPORT :

A lecture on the relevance of Indian Scriptures was organised by Yoga and Meditation Club of Nagrota Bagwan. The students of B.A. Ist and B.A. IInd got enlightened with the spiritual heritage of Indian Scriptures. Prof. Swaran Lata who is teaching Sanskrit in the College enlightened students with her knowledge of not only Sanskrit language but also the relevance of Indian Scriptures. She advised students to read these scriptures which are very helpful in the holistic development of human beings. She talked about Vedas, Puranas, Bhagavad Gita and Ramcharitmanas. She shared her views about beautiful Indian history, and how we can sustain this heritage. These scriptures talk about real-world matters such as finance, occupation, warfare, human values, social conduct and management which we can learn by reading and practise them in our life. They also provide solutions to these matters.


In-Charge
Sunita Devi


Principal
Govt. College Nagrota Bagwan,
H.P.

DATE: 09-03-2023

Date: 09-03-2023

Time: 11:00 a.m.


Venue: Meditation Room

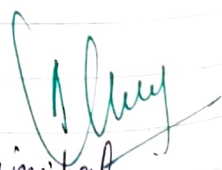
Organiser: Yoga and Meditation Club

No. of Students: 34

Report :

In order to commemorate 'International Women Day' the Yoga and Meditation Club of the College celebrated and remembered the contribution of Indian female saints. Sadhika, student of B.A., IIIrd expressed her views and said that Indian culture has nurtured and revered wise, progressive and spiritually advanced women throughout history. She elaborated the names: ① Arundati ② Devaluti ③ Gargi ④ Ghosha ⑤ Vakdevi ⑥ Auvaiyar ⑦ Vasuki; who were the famous female saints. Some were princesses who married great Hindu sages. Others were born to rishi parents who nurtured their interest in spirituality from childhood. Vakdevi and Ghosha were exponents of Vedic hymns. These saints did not care about being "equal to men", their goal was simply to be the best possible version of themselves which naturally placed them intellectually and spiritually on par with any great sage or devotee. So, the students came to know about these female saints and their contribution in the spiritual growth of human beings.


In-Charge
Sunita Devi


Principal
Govt. College Nagota Bikaner
H.P.