

SESSION
2023-2024

14

DATE: 01/08/2023

Date: 01-08-2023

Time: 2:00

Venue: College Hall

Organiser: BBA Department

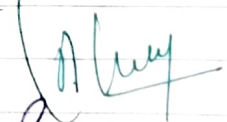
Events: Orientation Programme for BBA Students



REPORT :

BBA Department of Govt. Degree College Nagrota Bagwan organised four days Orientation Programme for BBA students. During this programme students learnt various things which would be helpful to enhance their skills. To inculcate the spiritualism in the students, one day yoga and meditation workshop was also organised by the Yoga and Meditation Club of College. Prof. Sunita Devi elaborated about some yoga and meditation activities and students practised them during the workshop. Thus the students came to know about various meditation techniques which can be helpful to free them from stress and focused on their objective.

In-Charge
Sunita Devi


Principal
Govt. Degree College
Nagrota Bagwan
H.P.

DATE :

Date : 10-08-2023

Time : 1:30 P.M.

Venue : Smart Room

Organiser : Yoga and Meditation Club

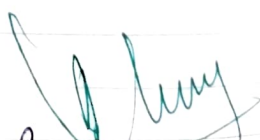
No. of Students : 43



REPORT :

Yoga and Meditation Club of Govt. Degree College Nagrota Bagwan organised one day workshop for BBA and BCA students. The students practised "Bhramari pranayam" which is the best cure for stress. This pranayam nurtures peace in our brain and relieves hypertension. The students also learnt about "Kumbhak" which is also very useful for concentration. All the participants enjoyed this workshop and shared their views about workshop.


In-Charge


Principal
Govt. Degree College
Nagrota Bagwan
H.P.

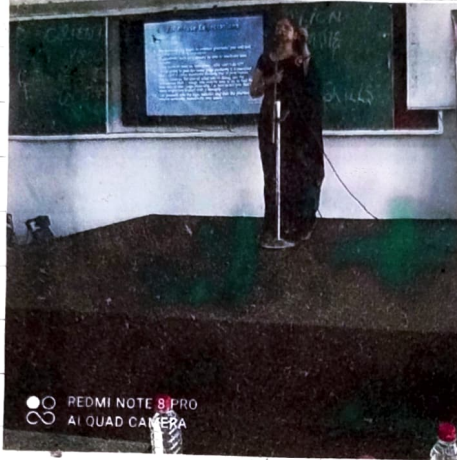
Date : 24-08-2023

Time : 11:30 A.M.

Venue : College Hall

Organiser : Yoga and Meditation Club

No. of Students : 46



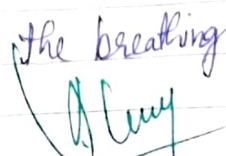
REPORT :

In order to tell the relevance of Yoga and Meditation in our life, the Yoga Club of Govt. Degree College Nagrota Bagwan organised one day workshop. Prof. Monica Bhardwaj was the resource person of this workshop. She enlightened the students about the benefit of Yoga. 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. The students from different streams practised the following yoga postures :

- (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'.

~~Signature~~
In-Charge


Principal
Govt. College Nagrota Bagwan
H.P.

Date : 04-09-2023

Time : 12:30 P.M.

Venue : Commerce Smart Room

Organiser : Yoga and meditation Club

No. of students : 94



REPORT :

Yoga and Meditation Club of Govt. Degree College Nagrota Bagwan organised workshop for B.Com 1st Year students. Prof. Sunita told students about the benefits of Yoga and Meditation. She said that practising yoga and meditation regularly helps to clear your mind and offers a level of calm, focusing your attention on the matter at hand. The student practised different meditation techniques e.g. brahmachari, Anulom-vilom, bhramari, kumbhak etc. They felt energetic and happy after this workshop.

Sunita
In-charge

Sunita
Principal
Govt. Degree College Nagrota
H.P.

DATE :

Date : 06-12-2023

Time : 11:00 A.M.

Venue : College Hall

Organiser : Yoga and Meditation Club

No. of Students : 54

REPORT :

A workshop on "Art of Living" was organised in the College. The students from different streams like : B.A. / B.Com / B.Sc. / M.A. / M.Com / M.Sc. / BBA / BCA took part in this workshop. This instilled skills for handling negative emotions and situations, practical wisdom for improving focus at work and harmony in relationships, increase productivity (hormone associated with well-being). The students equipped with specific techniques that they would practice every day.

In - Charge

Principal
Govt. Pooja College
Nagrota Bagwan
(H.P.)

DATE :

Date : 18-12-2023

Time : 9:30 A.M.

Venue : College Campus

Organiser : Yoga and meditation Club

No. of Students : 62

REPORT :

Yoga and Meditation Club of Govt. Degree College Nagrota Bagwan organised workshop on Yoga and Meditation in College Campus. Students from different streams participated in this workshop. Firstly, they practised some yoga techniques like : Surya Namaskar, stretching and other techniques. After yoga they learnt some meditation techniques. The relaxation techniques incorporated in yoga can lessen chronic pain such as lower back pain, arthritis, headaches and Carpal tunnel syndrome. Yoga can also lower blood pressure and reduce insomnia. Aside from physical benefits, it also helps a person to manage stress. Yoga's incorporation of meditation and breathing can help improving a person's well-being. All these benefits were told to students by Prof. Shanti. They insisted to organise such workshops in the college so that they can avail more benefits from such activities.

~~Shanti~~
In-Charge

DATE:



Kangra Division, Himachal Pradesh, India
Mandi-Pathankot Rd, District Kangra, Lakrehr,
Nagrota Bagwan, Himachal Pradesh 176047,
Long 76.391603°



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Dr
Principal
Govt. Degree College
Nagrota Bagwan (H.P.)

Date : 29-12-2023

Time : 10:00 A.M.

Venue : College Campus

Organiser : Yoga and Meditation Club

No. of Students : 60

REPORT :

Yoga and Meditation Club of Govt. College Nagarkurnool organised one day yoga and meditation workshop on dated 29-12-2023. Dr. Surender Kumar Soni, Principal of the college addressed the participants. He told them about the benefits of yoga and meditation these days. Mr. Sukant, volunteer, 'Art of Living Organisation' taught students the following yogic techniques : Bhramari, Surya Namaskar, Sarvangasana, Bhastrika, Neti kriya and Sudarshan kriya. He also told some techniques for meditation e.g. Bhramari, Kumbhak and Trutak. The students got familiar with the following benefits of yoga and meditation :

- (i) It helps to develop confidence.
- (ii) It boosts your mood.
- (iii) Improves academic performance.
- (iv) It develops calmness and peace of mind.
- (v) Helps to manage stress.
- (vi) Reduces depression and anxiety.
- (vii) Improves memory.
- (viii) Increases attention.

ONE-DAY WORKSHOP ON YOGA AND MEDITATION

नगरोटा कालेज में ध्यान और योग शिविर का आगाज

नगरोटा बगवां। राजकीय उत्कृष्ट महाविद्यालय नगरोटा बगवां में मैडिटेशन क्लब के सौजन्य से एक दिवसीय योग एवं ध्यान शिविर का आयोजन किया गया। शुभारंभ प्राचार्य डा सुरिन्द्र कुमार सोनी एवं मैडिटेशन क्लब के प्रभारी प्रो सुनीता द्वारा किया गया। इस शिविर में 60 बच्चों ने भाग लिया। प्राचार्य डा सुरेन्द्र सोनी ने कहा कि योग समय की मांग है आज की जीवन शैली तनावपूर्ण है। हृदयघात, रक्तचाप, कर्क रोग इत्यादि रोग बढ़ रहे हैं।

नगरोटा बगवां कॉलेज में योग शिविर का आयोजन



योग शिविर में भाग लेते विद्यार्थी

सवेरा न्युज/विनय सूदन नगरोटा बगवां : राजकीय उत्कृष्ट महाविद्यालय नगरोटा बगवां में मैडिटेशन क्लब के सौजन्य से एक दिवसीय योग एवं ध्यान शिविर का आयोजन किया, जिसका शुभारंभ प्राचार्य डा सुरिन्द्र कुमार सोनी एवं मैडिटेशन क्लब के प्रभारी प्रो सुनीता द्वारा किया गया। इस शिविर में 60 बच्चों ने भाग लिया जिसमें मुख्य रूप से भ्रमरी, सूर्य नमस्कार, सर्प आसन, भस्त्रिका, नैति क्रिया, सुदर्शन क्रिया इत्यादि का अभ्यास करवाया गया। प्राचार्य डा सुरिन्द्र सोनी ने कहा कि योग समय की मांग है आज की जीवन शैली तनावपूर्ण है लिहाजा हृदयघात, रक्तचाप, कर्क रोग, इत्यादि रोग बढ़ रहे हैं। योग और ध्यान को अपने दैनिक जीवन का हिस्सा बना लेना चाहिए ताकि हम निरोग रहें।

In-Charge
Sunita Devi

Surendera Soni
Principal
Gout. Degree College
Nagrota Bagwan
(H.P.)
29/12/23