

## "Sudarshan Kriya Yoga organized"

Sudarshan Kriya Yoga was organized under "Art of Living" at Government College, Nagarota Bagwan, courtesy of Commerce Society. This special yoga session was inaugurated by lighting the lamp by the Principal of the college, Dr. Surender Kumar Soni.

The main objective of this yoga session was to inculcate mental peace, concentration and positive energy in the students and teachers. Many prominent teachers of the college, such as Dr. Manjeet Singh, Dr. Rajeev Kumar, and Dr. Sonika, were present on this occasion and played an active role in the entire program.

The session was conducted by Dr. Rajeev Kumar, who introduced the participants to various yoga kriyas. He explained the importance of Sudarshan Kriya and said that it not only reduces mental stress, but also provides new energy and freshness to the body. He taught the participants the various steps of Sudarshan Kriya in detail and explained how one can move towards a healthy and happy life by incorporating these yoga kriyas in everyday life.

The participants enthusiastically participated in meditation, pranayama, and various breathing exercises. At the end of the session, all the participants shared their experiences and said that this session gave them mental peace and energy.



1. Dr. Manjeet Singh M.A.

Surender Soni



## Webinar on "Impact of Food Choices on Animals and the Environment"

Ministry of Youth Affairs and Sports, Government of India, Central University of Himachal Pradesh and Commerce Society Government College, Nagrota Bagwan organized a webinar on "Impact of Food Choices on Animals and the Environment". The webinar aimed to educate students about the significant impact of dietary habits on animals, environmental sustainability, and the importance of adopting plant-based diets to reduce ecological harm.

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### Event Overview:

An online webinar was organized under the joint collaboration of the listed organizers. Nija Dhillon, a representative of Vegan Outreach, was the keynote speaker. She provided an in-depth analysis of how food choices influence animal welfare and environmental health. Almost 200 students from commerce academic backgrounds actively participated in the session, showing great enthusiasm and interest.

### Key Discussion Points:

1. Impact on Animals: The ethical concerns of consuming animal-based products. Highlighted the role of food choices in reducing animal suffering. 2 Environmental Effects: Comparison between the environmental impact of meat-based diets versus plant-based diets. Emphasis on reducing carbon footprints through sustainable eating habits. 3 Promotion of Vegetarian Lifestyle: Benefits of adopting a vegetarian lifestyle for individual health and environmental conservation.

Dr. Manjeet Singh, Head of the Department, appreciated the initiative stating, "This session will greatly benefit students by helping them understand the intricate relationship between their dietary habits and the environment." Dr Surender Kumar soni congratulated the organizing team and emphasized the importance of such awareness programs in nurturing environmentally conscious individuals. The webinar was a resounding success, creating awareness among students about the impact of their food choices on animals and the environment. It also motivated them to consider sustainable dietary practices for a healthier planet.

Principal  
GC Nagrota Bagwan  
Distt. Kangra (H.P.)

