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NSS Unit of GDC Kishtwar Organizes Yoga Mahotsav 2024 - Countdown to International Yoga Day

Kishtwar ,7th June 2024

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Kishtwar, June 07, 2024: In a bid to promote the ancient Indian practice of yoga and its numerous benefits, the National Service Scheme (NSS) unit of Government Degree College Kishtwar has organized 'Yoga Mahotsav 2024' in collaboration with the Department of Health and Medical Education Directorate of AYUSH.

The Yoga Mahotsav, being held under the esteemed patronage of Prof. Basharat Iqbal, Principal of GDC Kishtwar, convened by NSS Programme officer Prof Esarul Ayub serves as a countdown celebration for the upcoming International Yoga Day on June 21, 2024. During the inauguration ceremony, Dr. Monika, Medical Officer AYUSH, briefed the gathering about the myriad benefits of yoga for the body. She highlighted how regular yoga practice can improve flexibility, muscle strength, posture, and overall physical fitness. Dr. Monika also shed light on the positive impact of yoga on mental health, stress reduction, and enhancing overall well-being. Various asanas, were performed by NSS volunteers and faculty members of the college, showcasing the grace and precision of these ancient yogic postures. and at the same time, their benefits, indications, and contraindications were revealed to them by Dr Monika.

The event was graced by the presence of esteemed dignitaries, including Dr. Umar Din, Dr. N.K. Manhas, Prof. Prithvi Raj, Mr. Rafiq Rather (Chief Librarian), Prof. Ajeet Kumar, Prof. Waseem Rasheed, Prof. Sonika Sen, Prof. Jaideep Kumar, Prof. Asma, and Dignitaries from the AYUSH department, such as Medical Officer Dr. Junaid. Sh. Raj Kumar senior Pharmacist.

