

NSS Unit and Yoga Club
Hindu Kanya Mahavidyalaya, Jind
Event: Organization of International Yoga Day
21st June, 2024

On 21st June, 2024 International Yoga Day was celebrated in the premises of Hindu Kanya Mahavidyalaya, Jind under the joint aegis of NSS Unit and Yoga Club. The program was presided over by the principal of the college Dr. Punam Mor and conducted by NSS Unit Incharge Dr. Anshu and Yoga Club Coordinator Mrs. Meena. Explaining the importance of yoga to the college students, Yoga Instructor Mrs. Meena Bansal and former student of the college Ms. Komal made the students do various types of pranayama and asanas in the presence of the college principal and senior teachers. This program was started at 6:30 am in the college premises. First of all, Yoga Instructor Mrs. Meena Bansal discussed about various types of meditation postures. After that, subtle exercises and seven types of pranayama and asanas were done. Asanas like Surya Namaskar, Vajrasana and Tadasana were done by Ms. Komal. Both the yoga instructors told the college students and staff members about the importance of yoga and different types of yoga and pranayama and said that yoga works towards making every cell of the body healthy and better, due to which our body automatically becomes more disease resistant. In this way our immunity increases. Regularly practicing yoga helps us to become aware of our body. The college students participated enthusiastically in this program. In this series of the program, the students were administered the yoga oath that they would make yoga an integral part of their daily routine. After this, a rally was also organized with the aim of telling the people around about the importance of yoga. N.S.S. volunteers and student members of the yoga club took a pledge that they would tell as many people as possible about yoga in their family and neighbourhood. While addressing the

students, the college principal said that the main objective of yoga was to achieve complete health by eliminating restlessness, impurity, pain, worry, tension, etc. from human life. A day before, an online poster making competition was organized by the N.S.S. unit under the theme 'Yoga: Self and Society' and the 'Role of Yoga in Women Empowerment' In this competition, Sneha, Komal and Mansi of B. A. 2nd Year secured first, second and third positions respectively. Dr. Anshul Singla, President of the college managing committee and the college principal appreciated the efforts of NSS Unit and Yoga Club of the college.

Glimpses and Media Coverage of the Event

