




Department of Sanskrit & Physical Education
Hindu Kanya Mahavidyalaya, Jind
Event: One Day Workshop on 'Yoga and Health'
5th February, 2024

Under the joint aegis of Sanskrit and Physical Education Department of Hindu Kanya Mahavidyalaya, Jind a one-day workshop was organized under the chairmanship of principal of the college Dr. Punam Mor. The theme of this workshop was 'Yoga and Health'. The main speaker of the workshop was Ms. Deepti, a former student of the college and national level gold medal winner in yoga. The speaker said that yoga is a type of ancient physical and mental activity. In this, mental and physical health is improved by focusing especially on body flexibility, strength and breathing process. Practicing yoga daily provides relief from back and joint pain and reduces stress. Apart from this, important information was given to the students for example about which Yogasanas we should do, what should be done before Yogasana, if you are feeling tired, you should not do any Yogasana etc. Students were also told how to do Pranayama. On this occasion, the principal of the college said that yoga is an ancient Indian way of life in which the work of bringing body, mind and soul together is done. Through yoga, body, mind and brain can be made healthy. If these three are healthy, you also feel healthy. In the modern era, our lifestyle is full of stress, to get free from stress, we should do yoga regularly. Yoga is a strong shield for health and happiness. Program convener Dr. Neelam Rani, Co-convener Mrs. Meena, Dr. Pinki Mor, Mrs. Tanu, Dr. Niketa Sharma and other teachers were especially present in this workshop.

Glimpses & Media Coverage of the Event

 **Hindu Kanya Mahavidyalaya, Jind**
Department of Sanskrit & Physical Education
organises
One Day Workshop
on
Yoga and Health
on
5th February, 2024
Venue: Seminar Hall
Time : 09:00 A.M.

 **YOGA**



Speaker
Ms. Deepthi
National Gold Medalist
(Yoga)
An Alumni of H.K.M.V. Jind

Co-Convener
Mrs. Meena

Convener
Dr. Neelam Rani

Principal
Dr. Poonam Mor

