



Documentation and Media cell

Govt. Degree College, Kulgam

Email: kulgampincipal@gmail.com
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177
Fax No: 01931-260177

Empowering Wellness: Yoga, Meditation, and Life Skill Counselling Session Uplifts College Community

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

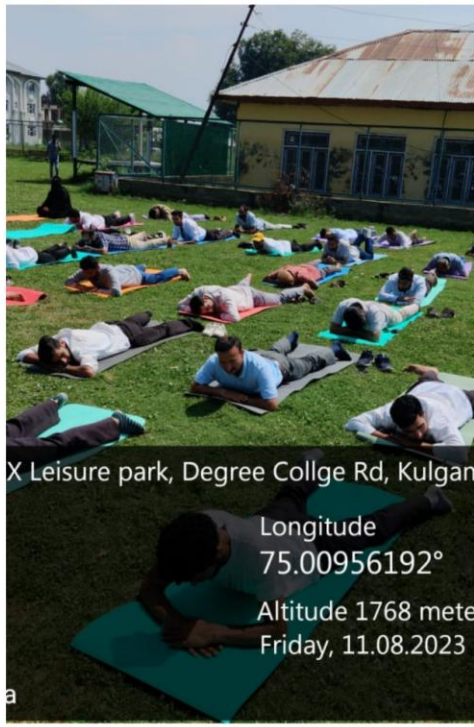
GDC Kulgam, 11-08-2023: In a remarkable display of synergy between education and holistic well-being, Ayush Kulgam and Govt. Degree College Kulgam joined hands to host an illuminating session focusing on yoga, meditation, and life skills counselling. The event, which took place at the scenic girls park of the College, witnessed an enthusiastic gathering of college faculty, students, and esteemed individuals including medical officers and experienced yoga instructors from Ayush.

The session commenced at 10:00 am, as the serene ambiance of the college park provided a perfect setting for the participants to immerse themselves in the rejuvenating practices of yoga and meditation. Under the expert guidance of the Ayush instructors, attendees were introduced to an array of yoga postures and breathing exercises, fostering a sense of tranquility and mindfulness. The ancient art of yoga, known for its profound physical and mental benefits, served as a pathway for participants to harmonize their bodies and minds.

Meditation, another pillar of the event, facilitated a collective introspection, allowing attendees to detach from the bustle of daily life and delve into a realm of inner calmness. As the soft rustling of leaves and the distant chirping of birds provided a serene backdrop, the participants were guided through meditation techniques that promote relaxation, focus, and self-awareness.

The collaborative effort between Ayush Kulgam and Govt. Degree College Kulgam not only showcased a commitment to the holistic development of the college community but also highlighted the importance of a balanced and healthy lifestyle. The event's inclusive nature, bringing together students, faculty, medical professionals, and wellness experts, fostered an environment of unity and learning.

The Worthy Principal of Govt. Degree College Kulgam, Prof. Syed Eazaz Hussain Rizvi, expressed his gratitude to Ayush Kulgam for their support and expertise in organizing the event. He stated, "Today's session is a testament to the positive impact that a well-rounded education, complemented by holistic wellness practices, can have on our students and faculty. We are deeply appreciative of Ayush Kulgam's collaboration in this endeavor."



J2X5+3XX Leisure park, Degree Collge Rd, Kulgam

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Longitude
75.00956192°
Altitude 1768 mete
Friday, 11.08.2023

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shtrang yoga

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Convener Media Cell.
Mr. Irshad Ahmad Lone

PRINCIPAL
PROF. SYED EAZAZ HUSSAIN RIZVI