



NSS UNIT AND VIKSIT BHARAT CELL Govt. Degree College Kulgam

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GDC Kulgam, May 29, 2024:

NSS unit and Physical Education Department of GDC Kulgam in collaboration with Directorate of AYUSH Kashmir organized a demonstration program on Yoga and brought together female NSS volunteers along with NCC Volunteers from the college under the theme "Yoga for Women Empowerment" and was exclusively designed for the female participants. The event commenced with a brief introduction to the importance of yoga and its benefits for overall well-being. The participants were then guided through a series of asanas, carefully selected to promote flexibility, strength, and balance. The yoga event at GDC Kulgam was not just about physical exercise but also about empowering women through self-awareness and inner strength. The organizers emphasized the importance of yoga in promoting mental well-being, stress management, and overall personal growth. The female volunteers, with great enthusiasm, diligently followed the instructions and performed the various poses with ease. Throughout the event, the participants were encouraged to focus on their breathing and posture, ensuring that they derived the maximum benefits from the yoga practice. The event concluded with a sense of accomplishment and a renewed commitment to incorporating yoga into their daily routines. The success of the event was a testament to the growing awareness and appreciation for yoga among the youth in the region.




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