

News

National Service Scheme HAMIDIA GIRLS' DEGREE COLLEGE Organizes INTERNATIONAL YOGA DAY 21ST JUNE 2019



The faculty, non-teaching staff and students of Hamidia Girls' Degree College observed International Yoga Day on 21st June, 2019 . The N.S.S. wing of the College organized Yoga Training Programme. Mrs. Anjuman Shaheen Akhtar Principal - B.R.C. Ghorawal. P.S. Marsana. Ghorawal. Sonbhadra. U.P.held a four hour training session from 6:30 a.m. onwards. The faculty and students were trained in warm up, Students were taught Pranayam, Gomukh Asan, Swastika Asan, Kapal Bharti, Chakki chalan asan, Anulom-Vilom. They were trained to control breath through Nadi Shodhan Pranayam and Sudarshan Kriya. They

were also trained in Ustrasan. Students participated in poster making, slogan writing and Speech competitions. Mrs Anjuman Shaheen Akhtar gave an introduction to Yog and informed that Yoga is an ancient practice which is imbibed in the Indian culture Earlier the guests were welcomed by Liason Officer, N.S.S Dr. Erum Farid Usmani. She said the day that yoga is important for a healthy life. She introduced the guests. The event was a teamwork in which Dr. Sabiha Azmi, Director, CWS, Dr. Haseena Bano, Dr. Nudrat Mehmood, Dr Shahla Hasan, Dr. Nuzhat Fatima, Mrs. Sharmeen Fatima, Mrs. Kashish Fatima, Ms. Sabiha Noori played a proactive role and facilitated in the smooth organization of Yoga Divas.