



GOVERNMENT COLLEGE SANGRAH

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01702-248216

Shaheed Bhagat Singh NSS Unit



Winter Session

YOGA WORKSHOP



Dr. Meenu Bhaskar
Principal



Mr. Deep Verma
Yog Guru

REDUCE YOUR STRESS | ENJOY THE OUTDOOR | RELAX YOUR BODY

START AT JUNE 21 Nov-25 Nov 2025

6:00 AM to 7:30 AM
GC Sangrah Campus



Prof. Sandeep Kumar
NSS Programme Officer
GC Sangrah



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Five Days Yoga Workshop

(21st November – 25th November 2025)

IQAC & Shaheed Bhagat Singh NSS Unit

The Shaheed Bhagat Singh NSS Unit of Government College Sangraha organised a Five-Day Winter Session Yoga Workshop from 21 November to 25 November 2025 with the objective of promoting physical fitness, mental well-being, and holistic development among students. Supported by the college IQAC Cell and guided by Principal Dr. Meenu Bhaskar, the workshop aimed to introduce students to the scientific principles of yoga, enhance their concentration, reduce stress, and encourage a disciplined lifestyle. A total of **60 students participated** in the workshop, reflecting strong enthusiasm and commitment towards wellness activities on campus. Under the expert guidance of Yoga Guru Mr. Deep Verma, participants engaged in structured sessions that included warm-up exercises, pranayama, asanas, meditation, and relaxation techniques. The workshop not only provided students with practical knowledge of yoga but also strengthened their awareness about the importance of maintaining a healthy mind-body balance in today's demanding academic environment. The sessions were held daily from **6:00 AM to 7:30 AM** on the college campus and witnessed active participation from students across various classes.



Day 1 – 21 November 2025 (Introduction & Basic Practices)

The workshop commenced with a formal welcome by NSS Programme Officer **Prof. Sandeep Kumar**, followed by an inaugural message from Principal **Dr. Meenu Bhaskar**, who highlighted the importance of yoga in strengthening both mental and physical well-being. Yoga Guru **Mr. Deep Verma** introduced



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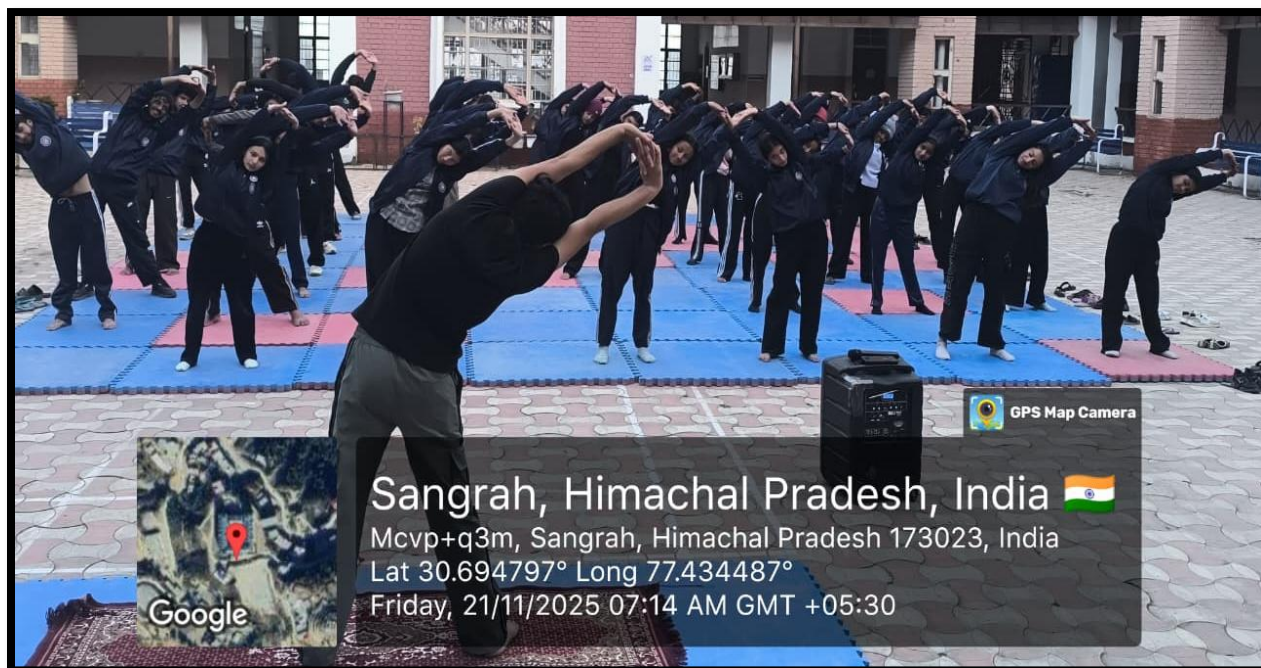


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students to the philosophy of yoga, the significance of breathing, and foundational warm-up exercises. Students practiced *Tadasana*, *Vrikshasana*, and basic stretching techniques. The first session helped participants understand the essential discipline required for yoga practice.



Day 2 – 22 November 2025 (Breathing Techniques & Flexibility Training)

On the second day, Mr. Deep Verma focused extensively on *Pranayama* practices, including *Anulom-Vilom*, *Kapalbhati*, and *Bhastrika*. Students experienced enhanced concentration and calmness through breathing alignment. Flexibility exercises such as *Butterfly Pose*, *Pawanmuktasana*, and spinal stretches were practiced. The mentor explained the scientific benefits of controlled breathing for reducing anxiety, improving lung capacity, and balancing the nervous system.



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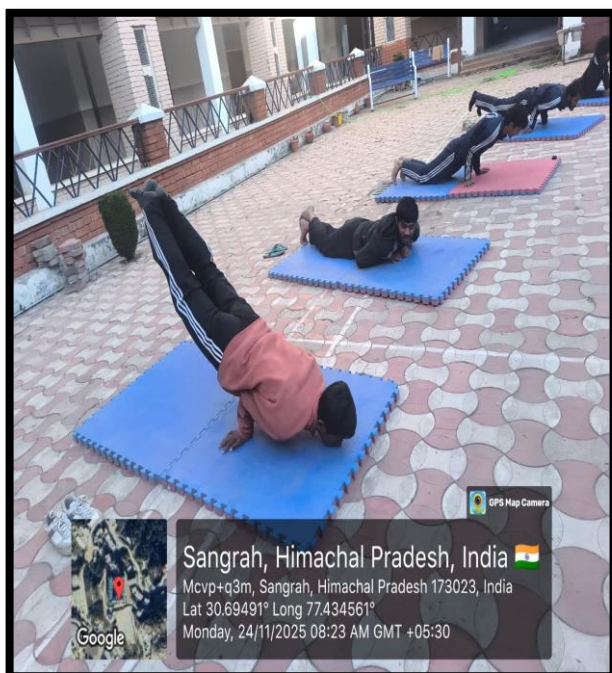
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Day 3 – 23 November 2025 (Asanas for Strength & Balance)

The third day was dedicated to strength-building asanas including *Surya Namaskar*, *Utkatasana*, *Trikonasana*, and *Bhujangasana*. Mr. Deep Verma demonstrated each posture step-by-step and corrected students' alignment individually. Participants reported improved stamina and physical balance by the end of the session. The morning atmosphere and outdoor environment added positivity and motivation to the practice.



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Day 4 – 24 November 2025 (Meditation & Mind Relaxation Techniques)

The fourth day focused on mental well-being. Students learned guided meditation, *Om chanting*, and *Shavasana* relaxation techniques. Mr. Verma explained how meditation enhances emotional stability, reduces stress, and improves academic performance. Students practiced deep relaxation and mindfulness to overcome exam pressure and daily stress. The session created a peaceful and reflective environment.



Day 5 – 25 November 2025 (Advanced Practices & Valedictory Session)

The final day included advanced yoga practices and a combined demonstration of all asanas learned throughout the workshop. Students performed *Surya Namaskar* in rhythmic sequence and engaged in partner stretching activities. A brief closing ceremony was organised where participants shared their experiences, followed by encouraging remarks from Principal **Dr. Meenu Bhaskar** and IQAC Coordinator **Prof. Sandeep Kumar Kanishk**. Certificates of participation were distributed to all attendees. The workshop concluded with a vote of thanks to Yoga Guru **Mr. Deep Verma** for his dedicated guidance.



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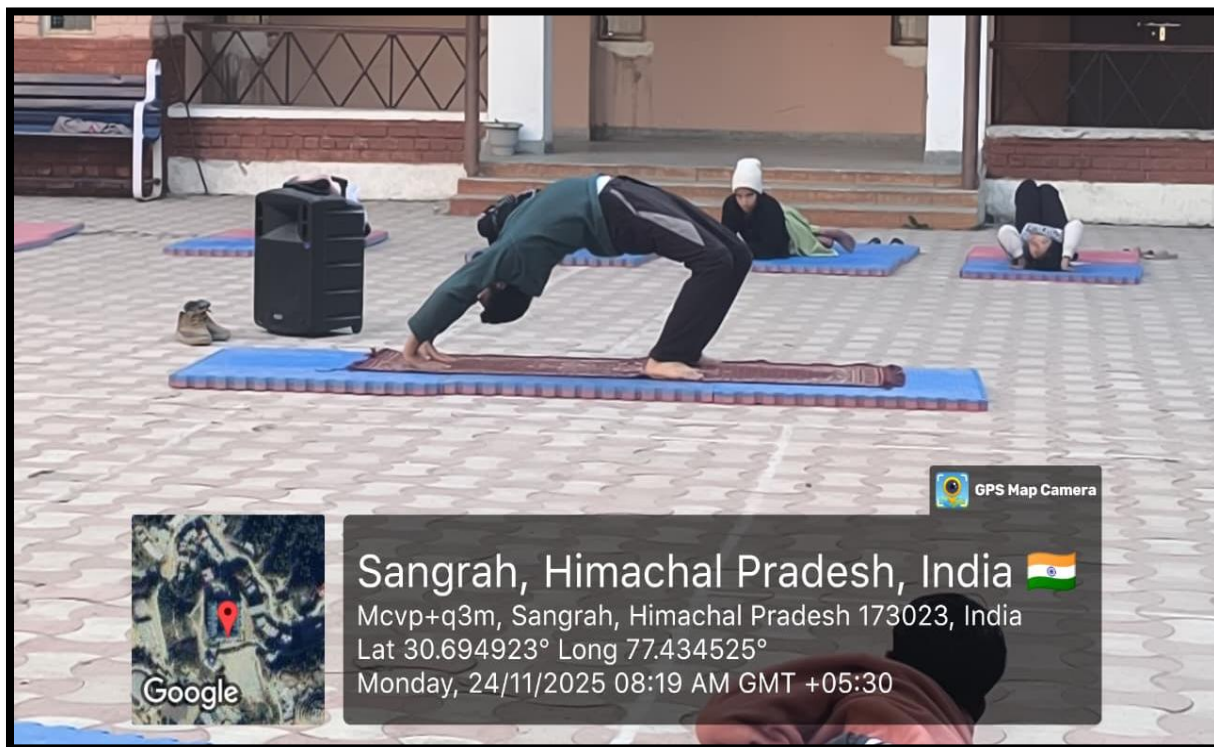
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Principal's Remark:-

"I appreciate the efforts of the NSS Unit and IQAC Cell for organising this meaningful Yoga Workshop. Yoga is not just a physical exercise but a path to discipline, inner peace, and balanced living. I am happy to see our students participating wholeheartedly. I encourage them to continue practising yoga regularly to maintain a healthy lifestyle."

IQAC Coordinator (Prof. Sandeep Kumar Kanishk)

The IQAC Coordinator, Prof. Sandeep Kumar Kanishk, expressed that the five-day Yoga Workshop significantly strengthened the holistic learning environment of the college by integrating physical fitness, mental well-being, and value-based education. He appreciated the active participation of students and highlighted that regular yoga practice enhances concentration, reduces stress, and contributes to overall personality development. He also acknowledged the effective guidance

provided by Yoga Guru Mr. Deep Verma and encouraged the NSS Unit to continue organising such meaningful activities under the quality enhancement initiatives of the institution.



Yoga Guru (Mr. Deep Verma)

Yoga Guru Mr. Deep Verma shared that conducting the workshop with the students of GC Sangrah was a deeply enriching experience, as the participants displayed sincerity, discipline, and genuine interest in learning yoga throughout all five days. He observed remarkable improvement in their posture, flexibility, and breathing alignment within a short period. He also appreciated the serene campus environment, which contributed positively to the practice sessions. Mr. Verma thanked the college administration, the Principal, and the NSS Unit for their support and expressed hope that students would continue incorporating yoga into their daily lives for long-term physical and mental well-being.



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Enclosures:-

- Permission Letter of the Principal
- Invitation Letter to the Yog Guru
- Certificate of Yog Guru in Yoga from HP University, Shimla
- Notice to Students
- Notice Circulation through Eletronic and Print Media
- Geotag Photos of everyday Schedule
- Signature sheet of the students
- List of Student Certificates with Serial Numbers
- Students Feedback (Hand Written)
- Certificate to Yog Guru for the conduction of Workshop
- Appreciation Certificate to IQAC Coordinator/Organizer
- Evidence of Workshop: Print and Electronic Media News

Sandeep Kumar

IQAC Coordinator

NSS Programme Officer

Greeny
Principal
Govt. College Sangrah
Distt. Sirmour H.P.