

Press Note

Celebration of Iconic Yoga Session, Organised by GDC Tral in collaboration with Department of Ayush.

The Department of Physical Education and Sports in collaboration with the Department of Ayush Sub-division Tral organized Iconic yoga session.

The event was conducted at GDC TRAL main campus in which students of different Departments, NSS Volunteers, college faculty members and Ayush employees (doctors, paramedics) actively performed different Yoga Asana.

Speaking on the occasion Principal GDC Tral Prof.(Dr) Mushtaq Ahmad Malik observed that practice of Yoga enables people to live a healthy life, enhances mental and physical strength and creates perfect harmony between the body and mind.

“Yoga and Yogic practices are beautiful ancient gift to mankind for comprehensive health and wellness as well as emotional stability to meet modern life challenges successfully. Yoga has become a public movement for health at the global level.

Yoga serves the humanity in alleviating the sufferings. It brings people together through compassion, kindness while fostering a sense of unity and joy, peace, happiness, harmony within the community.

Yoga has a great impact in improving the health and in creating a healthy lifestyle we all should work towards adopting yoga as a part of daily routine was today's slogan.

Principal urged everyone to leave sedentary lifestyle and make Yoga an integral part of life.

Teaching and Non-Teaching members who participated in the iconic yoga Session

Dr. Rafiq Ahmad wani, Dr.Hilal Ahmad Wani, Dr. Raiees-ul-Haq, Dr. Mehraj-u-din-Sheikh. Dr. Mohammad Owais Wani, Dr. Fayaz Ahmad Shah, Dr. Amarjeet singh, Dr Suhail Ahmad Bhat, Mr Noor Mohammad, Mr Fayaz Ahmad, Mr Muzaffar Ahmad,

