



OFFICE OF THE PRINCIPAL

GOVT DEGREE COLLEGE, THINDIM, KREERI



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NSS WORKSHOP ON YOGA FOR IMMUNITY

20th March, 2023

The NSS Unit of Govt Degree College Thindim Kreeri in collaboration with Department of Physical Education organized one day workshop on “Yoga and Pranayam”, as immunity boosters under the aegis of G20 summit on 20th March, 2023 in the College Campus. The workshop was conducted to mark the beginning of *Nowroz -e- Alam*, 2023. On this occasion various yoga Asnas and Pranayams were practiced by participants to fight against seasonal diseases and allergies by developing strong immunity. This vibrant programme was conducted by NSS Programme Officer Dr. Syed Mustafa Shah under the supervision of Worthy Principal, Prof. Kounsar Jan.



