

# **One-Day Workshop on Health Preservation through Yoga and Acupressure**

**August 24, 2023**

On August 24, 2023, a one-day workshop on “Yoga and Acupressure” was organized in the seminar hall of Babu Anant Ram Janta College, Kaul. The event was conducted by Altas Private Limited, under the guidance of the esteemed President of the College Management Committee, Ch. Tejvir Singh, and presided over by Principal Dr. Rishipal. The workshop was efficiently coordinated by the Department of Health and Physical Education.

## **Programme Highlights:**

### **1. Welcome and Inauguration:**

- The event began with a warm welcome and introduction by Dr. Brijendra Singh, who emphasized the importance of such workshops for the physical and mental well-being of students.

### **2. Principal’s Address:**

- Principal Dr. Rishipal extended a heartfelt welcome to the main speakers, Mr. Balwan Singh and Mrs. Praveen Kumari.
- In his speech, Dr. Rishipal highlighted the significance of incorporating yoga and exercise into daily routines for maintaining a healthy lifestyle.

### **3. Workshop Activities:**

- **Mr. Balwan Singh:**
  - Introduced various yoga practices and taught health techniques to the students.
  - Demonstrated several acupressure techniques to treat ailments such as cervical pain, back pain, headaches, and knee pain, providing practical demonstrations of these treatments.
- **Mrs. Praveen Kumari:**
  - Guided the students through various yoga asanas.
  - Presented solutions for several chronic illnesses through yoga practices.

### **4. Interactive Sessions:**

- Students actively participated in the demonstrations and practiced the techniques shown by the facilitators.
- The interactive nature of the workshop ensured that students could ask questions and receive personalized guidance on yoga and acupressure practices.

### **5. Conclusion and Vote of Thanks:**

- At the end of the workshop, Dr. Brijendra Singh expressed gratitude to all the guests, teachers, and students for their participation.
- He acknowledged the efforts of the facilitators and thanked them for sharing their valuable knowledge.

The one-day workshop on Yoga and Acupressure successfully imparted essential health and wellness knowledge to the participants, emphasizing the importance of regular practice of yoga and acupressure techniques for maintaining overall well-being.



**बाबू अनन्त राम जनता महाविद्यालय में संगोष्ठी का आयोजन**

आयोजित कार्यक्रम में जानकारी देते वक्ता । ● सौ. विज्ञप्ति

संस, ढांड : बाबू अनन्त राम जनता महाविद्यालय कौल में संगोष्ठी कक्ष में हुई । प्राचार्य डा. ऋषिपाल की अध्यक्षता में स्वास्थ्य एवं शारीरिक शिक्षा विभाग व अल्टास प्राइवेट लिमिटेड के द्वारा योग एवं एक्युप्रेशर विधि पर यह आयोजन हुआ । कार्यक्रम के संयोजक शारीरिक शिक्षा विभाग के अध्यक्ष डा. बृजेंद्र सिंह ने कहा कि महाविद्यालय में इस प्रकार के

आयोजन छात्र-छात्राओं के शारीरिक एवं मानसिक स्वास्थ्य के लिए अत्यंत आवश्यक हैं । इस कार्यशाला के संचालक बलवान सिंह एवं प्रवीण कुमारी रहे । प्राचार्य डा. ऋषिपाल ने मुख्य वक्ता बलवान सिंह और प्रवीण कुमारी का स्वागत किया । मुख्य वक्ता बलवान सिंह ने विभिन्न योग क्रियाओं का परिचय देते हुए छात्र-छात्राओं को स्वास्थ्य के गुर सिखाए ।