

One week workshop on "Yoga, Physical Fitness and Nutrition"

Date: 27th February 2023 to 4th March 2023

Venue: GDC Theog

Participants: 35 students

Recourse Person: Mrs Anita Negi

Overview: The week-long "Yoga and Nutrition" workshop at GDC Theog aimed to promote holistic well-being among students, focusing on the integration of yoga practices and nutrition education. The workshop, held from 27th February 2023 to 4th March 2023, witnessed enthusiastic participation from 35 students.

Yoga Sessions: Certified yoga instructors and Expert nutritionists and dieticians **Mrs Anita Negi** conducted daily sessions, introducing students to various yoga asanas, pranayama, and mindfulness techniques. Participants engaged in physical postures to enhance flexibility, strength, and balance, fostering a sense of tranquility and stress relief.





Nutrition Workshops: Mrs Anita Negi also delivered informative sessions on the importance of a balanced diet for overall health. The workshops covered topics such as essential nutrients, meal planning, and the correlation between nutrition and mental well-being. Practical tips were shared to help students make informed dietary choices.

Highlights:

1. **Interactive Learning:** The workshop encouraged active participation through Q&A sessions, group discussions, and hands-on yoga practice.
2. **Wellness Assessments:** Students underwent basic wellness assessments to understand their current fitness levels and nutritional habits, providing personalized insights.

Conclusion: The "Yoga and Nutrition" workshop at GDC Theog successfully provided students with valuable tools for maintaining a healthy and balanced lifestyle. The positive feedback and active participation underscore the importance of incorporating holistic wellness initiatives within the academic setting.

Signature
Dr Jitender Thakur
(Assistant Professor in Physical Education)

National Sports Day Celebration

Date: August 29, 2023

Location: Government Degree College Theog

Event: National Sports Day Celebration

National Sports Day is celebrated with great enthusiasm and fervor across India on August 29th every year. The day marks the birthday of the legendary hockey player, Major Dhyan Chand, who is considered one of the greatest sportsmen in Indian history. To commemorate this special day and promote physical fitness and sportsmanship among the students, Government Degree College Theog organized a series of sports activities, including intramural basketball and volleyball tournaments.

Event Highlights:

Intramural Basketball Tournament:



The intramural basketball tournament was one of the key attractions of the National Sports Day celebration. The event was meticulously planned and executed by the Department of Physical Education. It witnessed active participation from both male and female students. The tournament had teams from various departments, creating a vibrant and competitive atmosphere.

The matches were played with great energy and sportsmanship. The teams displayed remarkable teamwork, agility, and skill on the court. Spectators cheered enthusiastically for their favorite teams, creating an electric atmosphere. The final match was particularly thrilling, with the Department of Physical Education emerging as the champions after a closely contested game.

Intramural Volleyball Tournament:



Simultaneously, an intramural volleyball tournament was conducted on an adjacent court. The volleyball tournament also garnered significant participation from students representing different streams. The teams displayed impressive athleticism and teamwork throughout the tournament. The matches were fiercely contested, and the players' dedication to the sport was evident.

The celebration of National Sports Day at Government Degree College Theog was a resounding success. It not only promoted physical fitness and a spirit of healthy competition but also fostered a sense of camaraderie among students from diverse academic backgrounds. The enthusiasm displayed by both participants and spectators showcased the importance of sports in our lives. Such celebrations not only honor the legacy of Major Dhyan Chand but also inspire future generations to excel in sports and lead a healthy lifestyle.

We extend our gratitude to the Principal Dr Lalita Chandan, different committee members, and all the participants for making this event a memorable and enjoyable experience. As we look forward to the next National Sports Day, we are confident that our college will continue to shine in the field of sports and produce many more champions.

Dr Jitender Thakur
(Assistant Professor in Physical Education)