

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

**Date:** 27<sup>th</sup> February 2023 to 4<sup>th</sup> 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 27<sup>th</sup> February 2023 to 4<sup>th</sup> 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*  
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