

Office of The Principal, Govt. College, Naraingarh (Ambala)

Notice

Number: 297

Dated: 12-03-2024

All the students and staff members are to inform that IQAC of the college is organizing a **workshop cum lecture on “Stress Management, Inner Peace & Sahaja Yoga”** on 13/3/2024 at 1.00 pm.

Sahaja Yoga is a unique meditation practice that aims to awaken a subtle energy system within us, leading to a state of calmness, self-awareness, and inner balance.

This session will provide an opportunity to explore techniques for cultivating inner peace, well-being and managing the stress.

All staff members and teachers, along with their respective students, are directed to attend this workshop at the “Auditorium Hall” sharp at 1.00 pm.

Note: Proctorial committee will ensure the discipline during the workshop.


Principal
G. C. Naraingarh