

Press Report

A Three day Yoga Camp has been organised by the Yoga Club of Aggarwal College Ballabgarh from 20th to 22nd July 2018 under the able guidance of Principal Dr. Krishan Kant. World renowned Yoga Instructor, Darshanacharya Sandeep, Deputy Secretary, Vanprashth Sadhak Ashram Gujrat and vedik speaker Dr. Balbir Singh Member Managing committee, Gurukul Indraprasth Jallor were the guests.

Principal Dr. Krishan Kant said that such workshops help in the holistic development of the students. Such camps also help the youth in imbibing moral values and lessening stress. The speakers laid emphasis on explaining source of happiness and true knowledge. They also said that today youth in engaged in acquiring material gains and relegating mental peace. Students were give a power point presentation to help them understand these things. In the second session, they told how to acquire knowledge through seven different ways- five senses, sixth-mind and seventh-books. He also said that the knowledge of love, compassion, trust, mercy etc is also required without which we all are animals.

On second day i.e. 21st July 2018, the topic of discourse was 'Vedic form of God'. Dr. Balbir said that every human being has divine elements but we are unable to fully utilize them. Surging hymns of god gave us mental peace. Acharya Sandeep said that through meditation we can attain spirituality. In the fourth session uses of yoga were discussed. Yoga keeps our mind at peace and improves concentration. The camp is being coordinated by Dr. Banke Bihari along with Ms. Kamal Tandon.