

Dr. Sudhir Chandra Sur Institute of Technology & Sports Complex

540, Dum Dum Road, Surer Math, Kolkata, West Bengal 700074

NSS Activity

Department of Automobile Engineering

Yoga Camp

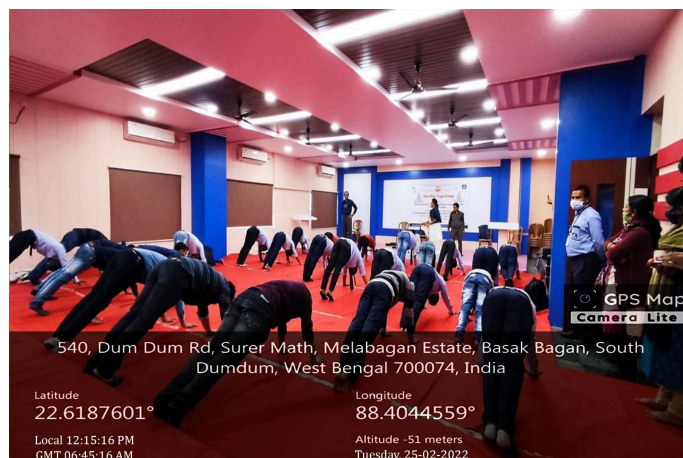
The whole world is trying to come out of the grip of Covid 19 Pandemic and trying to live a normal happy life. In this transition time, from new normal to normal life, we know Mental well being is as important as physical well being. After all, the mind can accomplish things we would physically not expect.

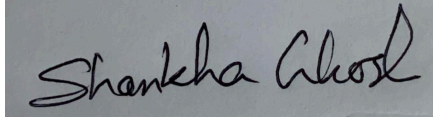
The Department of Automobile Engineering along with NSS and Extra Curricular Committee of Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex in collaboration with Patanjali Yog Shivr arranged a One Day yoga Camp at College Campus on 15th February, 2022.

In the camp, the students, faculty members and other members of SurTech along with our respected Director Sir and Principal Sir participated enthusiastically for wellness and meditation sessions, as well as an active yoga session, conducted by Patanjali Yog Shivr- Madam Kanchanji Jaiswal and Madam Manju ji.

The students were taught the right way to practice Yoga postures to ensure release of stress and toxins from the body and breathing exercises to ensure healthy respiratory systems and proper metabolism which are the main weapons against the deadly pandemic. After each meditative session, the benefits of meditation and how to meditate were taught. Similarly after every asana, its benefits, its pros and cons were discussed in detail by the instructors.

There is no weapon greater than the meditative mind in fighting and dealing with uncertainty, fear and hopelessness. To fight a malaise with no medicine, the students were fortified with inner strength and mental stability.



A handwritten signature in black ink on a light gray background. The signature is cursive and reads "Shankha Ghosh".

Mr. Shankha Ghosh
Assistant Professor cum Departmental NSS Coordinator
Department of Automobile Engineering
Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex