

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Government Degree College
Kulgam 192231



گورنمنٹ ڈگری کالج کولگام کشمیر

Website: www.gdckulgam.edu.in
Email: kulgamprincipal@gmail.com

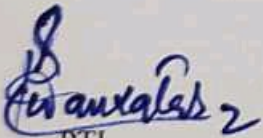
Telephone: 01931-260177
Fax: 01931-260177

No. GDCK/Phy.Ed./2022/60

Date: 09-05-2022

Report regarding the conduct of Yoga Classes from 07 June, 2022.

In compliance to directions from Administrative Department issued wide UGC Letter no; F.No.1-16/2021, Dated; 6th April, 2022, the Department of Physical Education in collaboration with College NSS has started the classes of the NSS Volunteers comprising of both Male and Female Students. The classes have started from 07-05-2022. The students are actively participating in the classes. Apart from conducting the regular classes, the students are not only taught and practiced different Yoga asanas, but are also being taught the importance of yoga asanas in maintaining the healthy life style. Yoga has emerged as an important medium for ensuring the physical and mental well-being of an individual. The Institution remains committed to the physical and mental development of the students so as to enable them to excel in their life. The Classes will continue for two weeks so as to enable the participating students to master various yoga asanas being taught to them, so that they can display them on International Yoga Day on 21st June, 2022.


PTI


Convener

College Sports Board

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Office Records