

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Government Degree College

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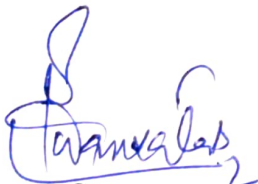
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No. GDCK/Phy.Ed./2023/27

Date: 21-06-2023

Report regarding celebration of Yoga Day on 21st June, 2023

Yoga day is being celebrated world wide on 21st of June every year. It is an important media for ensuring and maintaining the physical and mental well-being of an individual. International Yoga Day has a great significance among people. This day is celebrated to raise awareness about the benefits of Yoga. It gives an opportunity to spread awareness regarding the necessity of maintaining a healthy lifestyle. Yoga brings balance in life and it helps in reducing stress, anxiety, depression, fear and many other health ailments. The Institution remains committed to the physical and mental development of the students so as to enable them to excel in their life. To prepare the students for International Yoga Day, regular yoga classes were held in the yoga hall as per the calander framed by the Department of Physical Education from 06-06-2023, to ensure proper execution of the asanas by the students. On 21st of June, 2023, The Department of Physical Education of the College in collaboration with College NSS Unit, celebrated International Yoga Day in the Campus at 11:00 a.m. Worthy Principal of the College, Prof. Syed Eazaz Hussain Rizvi spoke about the importance of Yoga and its benefits on health and wellness of individuals. The APTI, of the College Mr. Shameem Ahmad Bhat taught different Yogasanas to the students which included *Shavasana, Vajrasana, Gau Mukasa, Padmasana, Ashtangasana, Tadasana, Bhujangasana, Chakrasana* etc. The participating staff members and students showed an active interest in practicing the same.


Convener

Sports Committee


Programme Officer

NSS Unit

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. I/c College website.
4. Office Records