



National Service Scheme (NSS) Unit
Govt. Degree College, Kulgam



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No: GDCK/NSS/22/46

Date: 21-06 -2022

Report on the celebration of International Yoga Day by NSS.

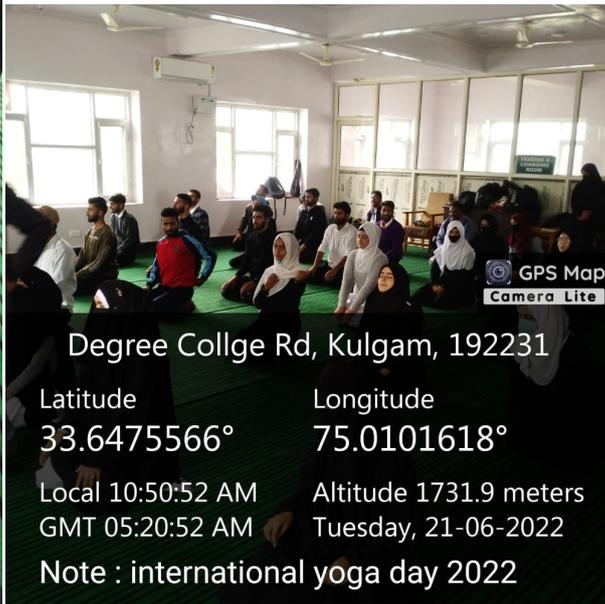
National Service Scheme (NSS) Unit of the College celebrated International Yoga Day in collaboration with Department of Physical Education on 21st of June, 2022. The event was conducted in the Girls common room. The event started at 10:30 am and witnessed the participation of around 35 NSS volunteers besides members from the faculty and NCC cadets. The programme was formally kick-started with the welcome address by honourable vice Principal of the College, Prof. Shabir Ahmad Padder. In his welcome address he emphasized on the significance of yoga and meditation in upholding the physical state of mind and inferred that the practice of yoga brings joy, health and peace from within and deepens a sense of connection between an individual's inner consciousness and their external world. In his address, Dr. Safer Ahmad Bhat, NSS programme Officer briefly talked about the theme yoga for humanity, with equal emphasis on the values of mindfulness, moderation, discipline and perseverance that yoga brings. The volunteers were trained and guided by Mr. Shameem Ahmad Bhat, Assistant Physical Training Instructor and Mr. Waseem Ahmad Mantoo, Physical Training Instructor of the College. All the volunteers and faculty members performed various asanas with great enthusiasm, including Sukhasana or Easy pose, Trikonasana or Triangle pose, Utkatasana or chair pose, Vajrasana or Thunder bolt pose, Shavasana or corpse pose. Furthermore, the volunteers were motivated to practice yoga every day and were made aware about the importance and holistic health benefits of yoga.

Dr. Safer Ahmad Bhat

NSS Programme Officer

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge website
4. Office records

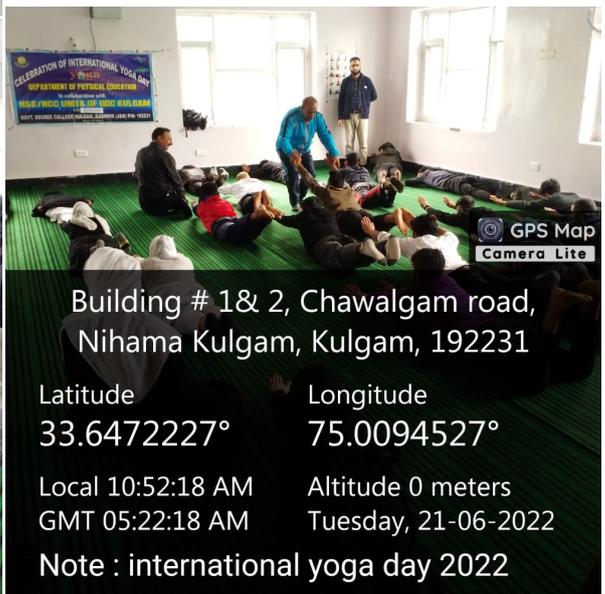


Degree Collge Rd, Kulgam, 192231

Latitude 33.6475566° Longitude 75.0101618°

Local 10:50:52 AM Altitude 1731.9 meters
GMT 05:20:52 AM Tuesday, 21-06-2022

Note : international yoga day 2022



Building # 1& 2, Chawalgam road,
Nihama Kulgam, Kulgam, 192231

Latitude 33.6472227° Longitude 75.0094527°

Local 10:52:18 AM Altitude 0 meters
GMT 05:22:18 AM Tuesday, 21-06-2022

Note : international yoga day 2022



Kulgam, null, null
Building # 1& 2, Chawalgam road, Nihama Kulgam,
Kulgam, 192231
Lat 33.647224°
Long 75.009446°
21/06/22 10:47 AM