



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



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Report of the Yoga Demonstration held on 14th May, 2022

As part of International Yoga Day 2022 celebrations, National Service Scheme (NSS) Unit, in collaboration with Department of Physical Education organised a Yoga Demonstration in the College on 14th May, 2022. Around 60 NSS volunteers and staff members participated in the demonstration which was held in the Girls Common Room. Different Yoga asanas were demonstrated which included *Tadasana*, *Uttanasana*, *Baddha Konasana*, *Bhujangasana* and *Shavasana*. The volunteers exuberated immense interest in practising different Yoga poses. Earlier, Dr. Safeer Ahmad Bhat, NSS Programme Officer, and Waseem Ahmad Mantoo, PTI, spoke on the importance of Yoga for maintaining the physical and mental health of an individual. They stressed on the need to practice Yoga without any religious bias. Pertinent to mention, the volunteers had been attending Yoga classes under the guidance of Mr. Shameem Ahmad Bhat, APTI.

Dr. Safeer Ahmad Bhat

NSS Programme Officer

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1. Worthy Principal for information
2. Coordinator IQAC
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