



Government Degree College, Anantnag Khanabal, Anantnag – 192101 (J&K)

Website: www.qdcboysanq.ac.in

E-Mail: principal@qdcboysanq.ac.in



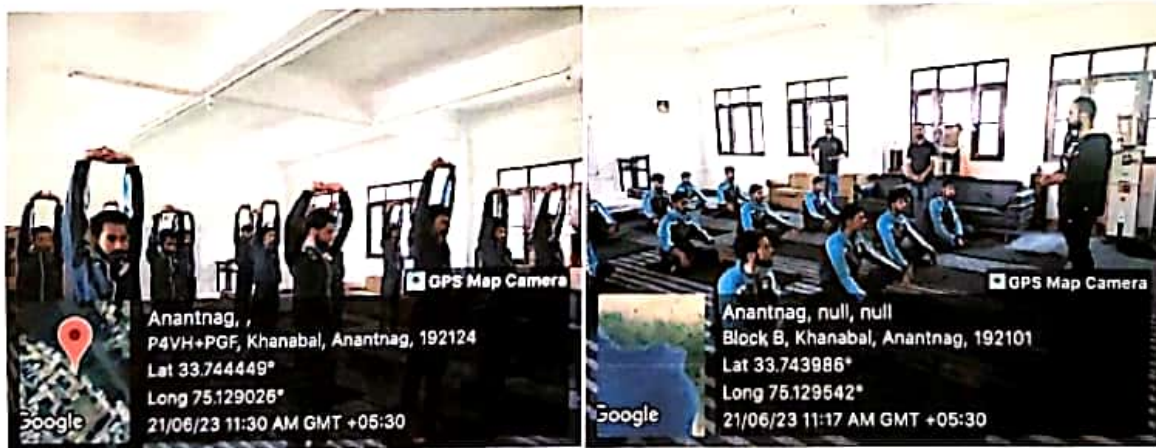
Tel. No. (O) 01932-222308

Fax: 01932-223509

REPORT

Event: Celebration of 9th International Yoga Day
Date: 21/06/2023
Organizers: Department of Physical Education
NSS Units of the College
NCC wing of the College

9th International Yoga day was celebrated by the students and the Faculty of Govt. Degree College Anantnag on 21st June 2023 with great zeal and enthusiasm. Principal Prof. Muzafar Ahmad Bhat also participated in the celebration. The function began with a brief introduction of Yoga Day by Mr. Umer Bashir wani, Physical Training Instructor of the college.



Yoga Day is celebrated among the youth and children to make them understand about the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Mr. Umer Bashir Wani explained the importance of Yoga in the life of youngsters. He explained that regular practice of Yoga will help the students achieve better mental and physical health. He started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the Faculty

enthusiastically and the importance of these Asanas was explained simultaneously by him.

Prof. Showkat Ahmad Teeli, NCC Coordinator of the College spoke about 'The Positive Framework of Meditation'. He began by explaining how negative thoughts disturb a person. Negativity he said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. He emphasized the fact that purity of thought increases positivity in a person. He emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. He conducted a 3 minute meditation session with the students and teachers and professed the regular use of meditation in one's life.

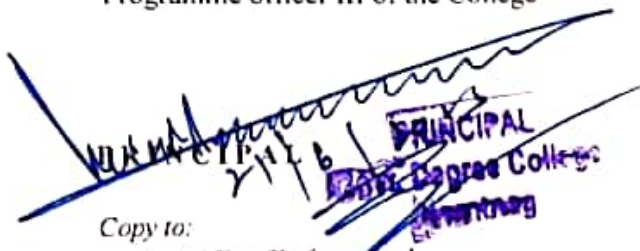


Prof. Raveed Yousuf Bhat, NSS Programme Officer II of the college told the students that the International Yoga Day is a gift to the world by PM Shri Narendra Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since been celebrated as International Yoga day.



Principal Prof. Muzafar Ahmad Bhat explained the importance of breath in meditation. He told the students that they should read ancient Indian texts like Patanjali Maharishi's 'AshtangYog' along with personality development books by International writers. He encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind.

Furthermore NSS and NCC Volunteers of the College participated in the poster making activity as well. The posters designed by them contained various Asanas and themes emphasizing the importance of Yoga in maintaining the balance between physical and mental health. The event ended with a formal vote of thanks by Prof. Syed Zeenat Khursheed, NSS Programme officer III of the College

A handwritten signature in blue ink is written over a purple rectangular stamp. The stamp contains the text "PRINCIPAL" in bold, "Syed Zeenat Khursheed" in a smaller font, and "NSS Programme Officer III" below it. The signature is slanted and partially overlaps the stamp.

Copy to:

- 1) Office file for records
- 2) In-charge website to upload the report on college website