

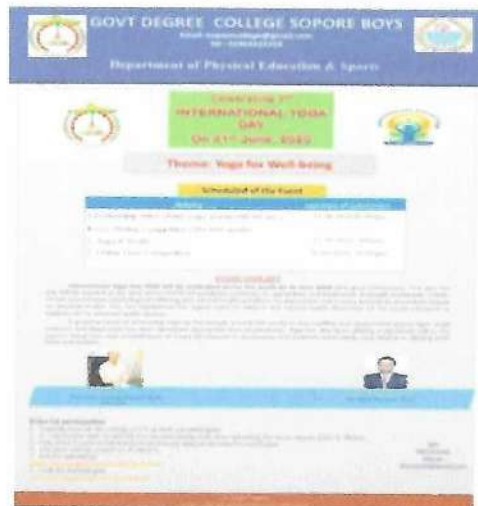
## REPORT

Report on International Yoga Day on 21.06.2020, organised by NSS through online mode  
“**Highlighting Benefits of Yoga in present stressful world.**”

1. International Yoga Day was celebrated by IQAC cell in collaboration with NSS Units of GDC Sopore on 21.06.2020. The main objective of the programme was to understand how Yoga can prove beneficial in present stressful world.
2. Prof. Farooq Ahmad Malik, Principal Govt. Degree College Sopore presided over the session.
3. Prof. Tariq Ahmad Wani deliberated the students about the uses of Yoga for staying healthy. Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. Also Prof. Tariq Ahmad Wani said Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Yoga brings balance between body, soul, and mind. It helps us to understand the purpose of life and how to survive in the changing environment.

The event concluded with the remarks of the Principal Farooq Ahmad Malik. He encouraged students to practice regular yoga to remain fit and improve concentration. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.

The session concluded with the vote of thanks given by Dr. Zahoor Ahmad Makhdoomi, (Assistant Professor).



*[Handwritten Signature]*  
Coordinator IQAC