

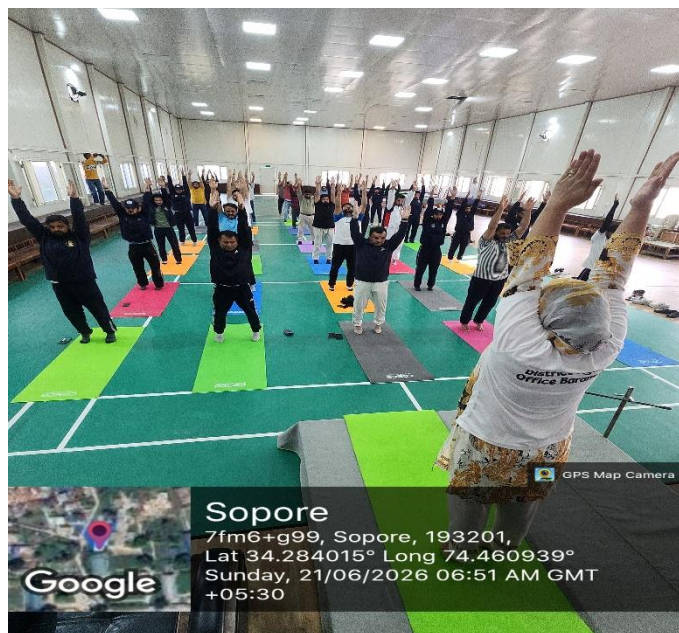
REPORT ON

THE CELEBRATION OF 12th INTERNATIONAL DAY OF YOGA 2026

Government Degree College Sopore celebrated the **12th International Day of Yoga** on 21 June 2026 under the theme “**Yoga for Healthy Ageing**” with great enthusiasm and active participation in the **Indoor Stadium of the college**. The programme was organized with the objective of promoting physical well-being, mental health, self-discipline, and awareness regarding the importance of yoga in everyday life.

The event witnessed the enthusiastic participation of members of the college staff, students, NSS volunteers, and NCC cadets, who assembled in large numbers to observe the occasion and reaffirm their commitment towards adopting a healthy lifestyle through the practice of yoga.

The yoga session was conducted under the guidance of **Ms. Naseeba Jan**, (Director Physical



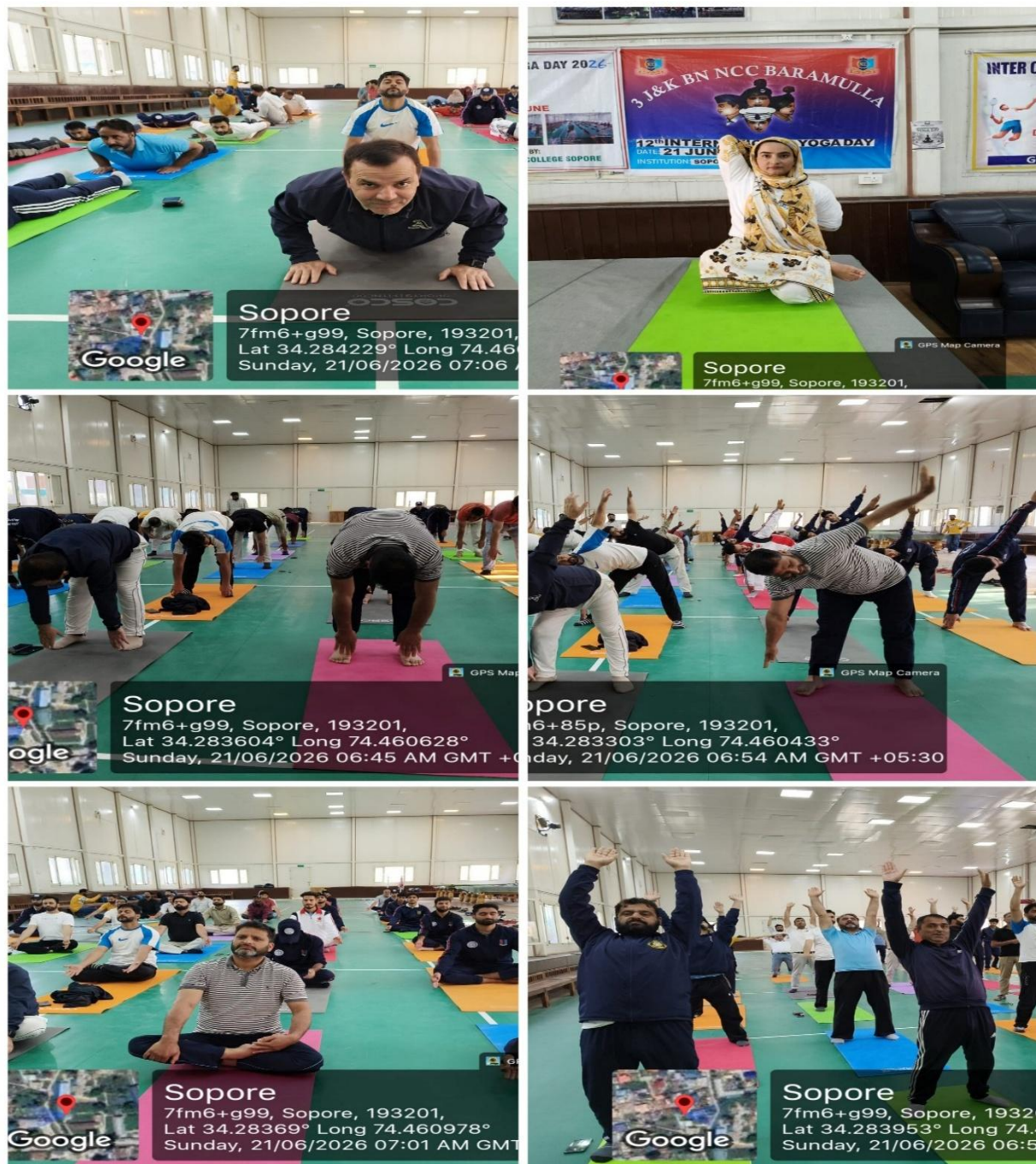
Education) who served as the trainer for the event. She demonstrated a series of yoga practices and various asanas, explaining their significance and health benefits. The participants attentively followed her instructions and performed the different asanas with dedication and enthusiasm. The session included breathing exercises, stretching techniques, and yoga postures aimed at enhancing physical fitness, improving concentration, and reducing stress.

The programme highlighted the relevance of yoga as an invaluable gift of India's ancient tradition that fosters harmony between mind and body and contributes to holistic well-being. The active involvement and disciplined participation of the attendees reflected the growing awareness among the youth regarding the importance of incorporating yoga into their daily routine.

Principal, **Prof. (Dr.) Syed Muzaffar Ahmad**, appreciated the efforts of the organizing committee, **Ms. Naseeba Jan**, the college staff, NSS volunteers, NCC cadets, and students for their wholehearted participation and contribution towards

the successful conduct of the programme. He emphasized the importance of yoga in maintaining physical fitness, mental peace, and emotional well-being, and encouraged everyone to make yoga an integral part of their daily lives.

The celebration concluded on a positive note with the distribution of refreshments among all the participants. The event proved to be a meaningful and enriching experience, inspiring everyone present to embrace yoga as a way of life for achieving better health, inner peace, and overall well-being.



Report Compiled By;

Sajad Ahmad (NSS Programme officer).

PRINCIPAL