



Government of Jammu & Kashmir
OFFICE OF THE PRINCIPAL
Govt. Degree College Handwara

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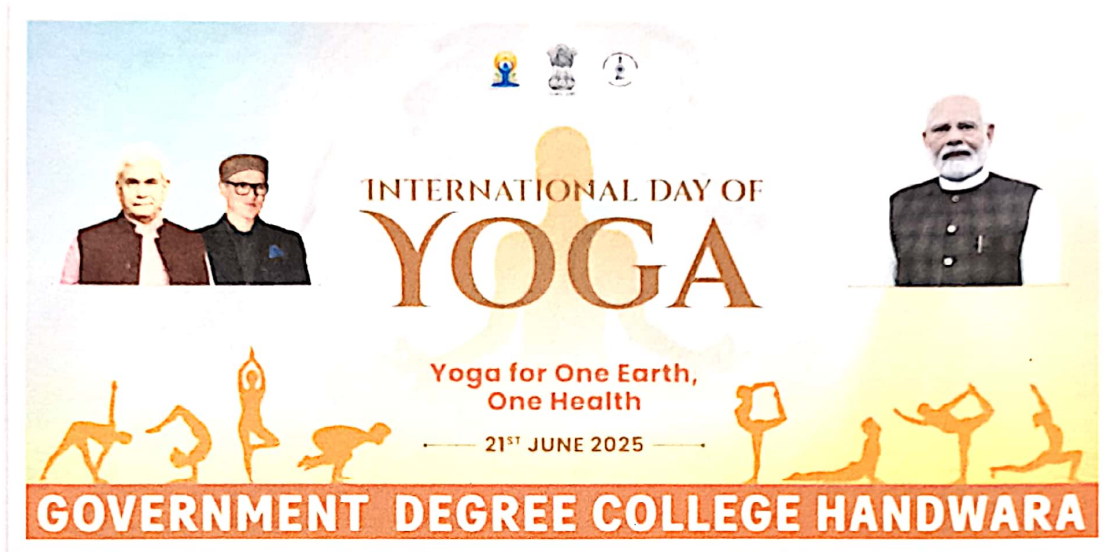
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Date:

21-06-2025

Report on the Celebration of International Yoga Day 2025



Government Degree College Handwara observed **International Yoga Day 2025** with great enthusiasm and spirit in collaboration with its active NSS units. The event was organised on 21st June 2025, from 6:00 am to 7:30 am, in the serene and well-prepared college ground, providing a perfect setting for the rejuvenating morning session of Yoga.

The event was conducted under the patronage of the worthy principal, Prof. G. R. Ganaie, whose continuous encouragement and support ensured the success of the programme. Dr. Gh Nabi Najar, the NSS Programme Officer, played a pivotal role in coordinating the event, ensuring that all arrangements were in place well before the day of celebration.

The celebration witnessed overwhelming participation from various sections of the college and civil administration. Among the dignitaries present were the worthy Principal of the college, Additional Deputy Commissioner of Handwara, Mr. Javeed Naseem Masodi and Tehsildar Handwara, Mr. Zeeshan Ahmad Khan, who all joined hands with the faculty, non-teaching staff and students in promoting the message of wellness and mindfulness through Yoga.

The session was led by Dr. Arshid Ahmad, Physical Training Instructor, who beautifully conducted a practical demonstration of various Asanas. With clear instructions and an encouraging tone, Dr. Arshid guided participants through the session, highlighting the physical, mental, and spiritual benefits of each Yoga posture. The participants followed the sequence with discipline and enthusiasm, reflecting the growing awareness of Yoga's importance in everyday life.

The event culminated with a heartfelt vote of thanks by the worthy principal, who appreciated the active participation of students, staff, and officials, and extended his gratitude to all who contributed to the successful organisation of the programme. He reiterated the relevance of Yoga in building a healthy and balanced life and encouraged everyone to make it a part of their daily routine.

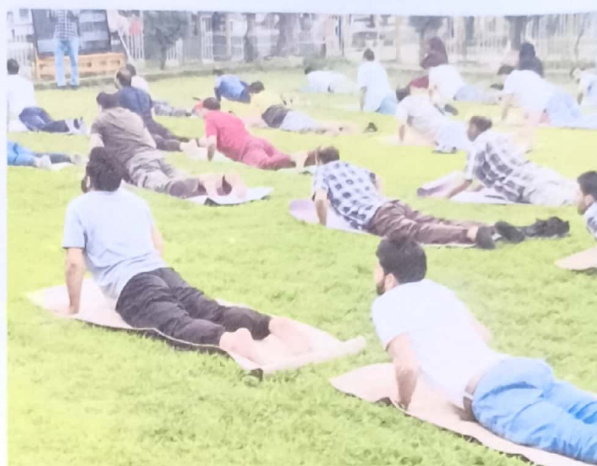
The celebration not only marked the global observance of International Yoga Day but also reaffirmed GDC Handwara's commitment to fostering holistic well-being among its community.


Principal





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