Department of *Environmental Sciences*

GOVERNMENT DEGREE COLLEGE PAMPORE

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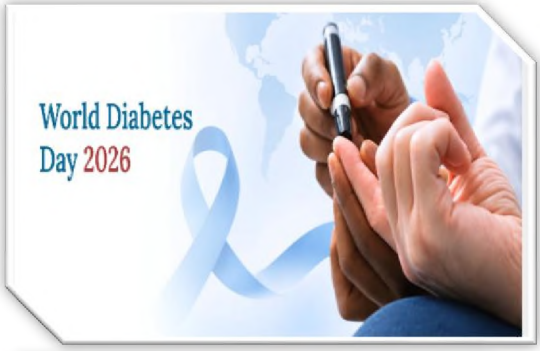
Post-Event Summary Report

WORLD DIABTES DAY – 2026

Theme: 'Yoga at Home & Workplaces to manage Diabetes'

14th November, 2026

Venue: Multipurpose Hall, Government Degree College Pampore
Organisers: 1. Department of Environmental Sciences
2. College Health Club
3. Department of Physical Education & Sports









Summary

Government Degree College Pampore observed **World Diabetes Day-2026** on 14th November 2026 by organising an awareness programme on the theme **"Yoga at Home & Workplaces to Manage Diabetes."** The programme was organised jointly by the Department of Environmental Sciences, College Health Club and the Department of Physical Education & Sports at the Multipurpose Hall of the college.

The programme aimed to highlight the importance of yoga and regular physical activity as supportive measures for maintaining health and managing diabetes. On the occasion, the Principal Madam deliberated on the significance of yoga in promoting physical and mental well-being. She emphasised the importance of incorporating healthy practices into daily routines and appreciated the initiative for spreading awareness about diabetes management through yoga.

Mr. Syeed Mudasir Mushtaq led the session, during which he deliberated on the relevance of yoga in diabetes management and demonstrated various yoga asanas that may help individuals maintain physical fitness and support the management of diabetes. He explained the importance of regular practice and encouraged participants to adopt yoga as part of their daily lifestyle, both at home and in workplaces.

The programme was made interactive through the active involvement of the audience, who enthusiastically performed the demonstrated yoga asanas themselves. Their participation provided a practical understanding of the exercises and enabled them to experience the value of yoga as a regular health-promoting activity.

The celebration served as a meaningful initiative to raise awareness about diabetes and the role of yoga in supporting a healthy lifestyle. It reinforced the message that simple, consistent and accessible practices can contribute to better health and well-being. The programme concluded with an appreciation of the participants and the collaborative efforts of the organising departments.

Head, Dept. of EVS /
Coordinator, Eco-Club