

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

GOVERNMENT DEGREE COLLEGE PAMPORE

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YOGA SANGAM

REPORT ON CELEBRATION OF 11TH INTERNATIONAL DAY OF YOGA 2025, HELD ON 21st OF JUNE 2025.

THEME: “YOGA FOR ONE EARTH ONE HEALTH “

Under the able guidance & dynamic leadership of Principal, **Prof. Saffiya Khalil**, the Department of Physical Education & Sports in collaboration with NSS wing of the college successfully organized the YOGA SANGAM programme simultaneously with the national event under the banner of "FIT INDIA INITIATIVE" today on 21st of June 2025 from 6:30 AM to 7:45 AM. Yoga Sangam is a nationwide initiative, which was led by the Hon'ble Prime Minister from Visakhapatnam, Andhra Pradesh. The Institute was registered with the Ministry of Ayush, Government of India as an organizer for this nationwide initiative vide registration reference No YS1749610799939. For wide publicity of the event the registration message was shared on different social media platforms of college. Pertinent to mention that the links provided by Ministry of Ayush were also followed by the concerned members of the College.

All the bonafide students of the institution were informed to register themselves for the said event through a notification which was shared via various WhatsApp groups, Facebook page and official website of the college. A good number of students and all members of college including teaching, nonteaching , Academic arrangement lecturers, and local fund employees of college registered themselves for the said event.

Today on 21st of June 2025 the event started with the livestreaming on the YouTube channel accessible at <https://www.youtube.com/@MinistryofAyushofficial>) from 6:30 AM to 7:00 AM, in which faculty members and students of the college participated with great zeal and enthusiasm.

Every year Yoga Day is celebrated to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. After the livestream of the national event, which concluded at around 7:00AM a yoga session/demonstration was held in the multipurpose hall of the college. Around 96 students from different semesters and teaching, non-teaching and local fund employees of the college participated in the event. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas as per the yoga script and importance of these were explained simultaneously by the yoga expert namely **Mr. Aaqib Amin** who was deputed by the Department of youth services and Sports, zone Pampore. The celebration concluded with the speech of worthy In-charge Principal of the college **Prof. Rubaya Sultan** in which Madam addressed the participants on the importance of yoga practice in our life . She impressed upon the students and staff members to make the habit of doing yoga on a routine basis to remain fit and improve concentration. International Yoga Day celebrations **#IDY2025** for the year 2025, with the theme **#YogaforOneEarthOneHealth** ended with a huge success under the supervision of the Head Department of Physical Education and Sports, **Mrs. Sakeena Bashir. Prof. Kiasara** (NSS Programme

Officer) presented vote of thanks and sensitized the students about the benefits of yoga and regular exercise in daily life.







Mrs. Sakeena Bashir
Convener Sports

Prof. Saffiya Khalil
PRINCIPAL