



GOVERNMENT DEGREE COLLEGE PAMPORE

گورنمنٹ ڈگری کالج پانپور (کشمیر)

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YOGA SANGAM REPORT ON CELEBRATION OF 12TH INTERNATIONAL DAY OF YOGA 2026, HELD ON 21ST OF JUNE 2026.

THEME: “YOGA FOR HEALTHY AGEING”

Under the able guidance & dynamic leadership of Principal, **Prof. Dr. Gazala Giays**, the Department of Physical Education & Sports in collaboration with NCORD and NSS wing of the college successfully organized the YOGA SANGAM programme simultaneously with the national event under the banner of "NASHA MUKHT ABHIYAN" on 21st of June 2026. Yoga Sangam is a nationwide initiative, which was led by the Hon'ble Prime Minister Shri Narendra Modi Ji from Red Road, Kolkata. The Institute was registered with the Ministry of Ayush, Government of India as an organizer for this nation-wide initiative vide registration reference No YSC1782014479561. For wide publicity of the event the registration message was shared on different social media platforms of college.. All faculty members of college including teaching, nonteaching, Academic arrangement lecturers, and local fund employees registered themselves for the said event.



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.. Today on 21st of June 2026 the event started with an impressive yoga session/demonstration which was held in the multipurpose hall of the college. Almost 51 faculty members s from different departments, non-teaching and local fund employees of the college participated in the event with great enthusiasm . Warm up exercises were taken and all the faculty members practiced & performed sitting and standing asanas as per the yoga script and importance of these were explained simultaneously by **Prof. Syed Mudasir ,Head Department of Environmental science** . The celebration concluded with the speech of worthy In-charge Principal of the college **Prof. Dr. Gazala Giays** in which Madam addressed the participants on the importance of yoga practice in our life . She impressed upon 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 2026, with the theme **#YOGA FOR HEALTY AGEING**” 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 participants about the benefits of yoga and regular exercise in daily life.

Mrs. Sakeena Bashir
Convener Sports

Prof. Dr. Gazala Giays
PRINCIPAL