



Office of the Principal
Govt. Degree College Magam
Budgam Kashmir - 193401
NAAC accredited "Grade B"

گورنمنٹ ڈگری کالج ماگام
بڈگام کشمیر۔ ۱۹۳۴۰۱

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Celebrations of 11th International Yoga Day on 21st June 2025

GDC Magam celebrated the 11th International Day of Yoga on 21st June 2025. The event was organized in the Multipurpose Sports Hall of the college under the chairmanship of Principal Prof.(Dr.) Tasleema Bano, who inaugurated the program and emphasized the importance of yoga in leading a healthy and stress-free life.

The program began with a formal welcome address, followed by a brief introduction to the importance of celebrating International Yoga Day, as initiated by the United Nations in 2015 to raise awareness worldwide about the many benefits of practicing yoga. Principal (Dr. Tasleema Bano), in her inaugural speech, highlighted how yoga plays a vital role in maintaining physical health, emotional balance, and mental clarity, especially in today's fast-paced and stressful environment. She encouraged students and staff to incorporate yoga into their daily routines and appreciated the efforts of the organizing team in promoting wellness on campus.

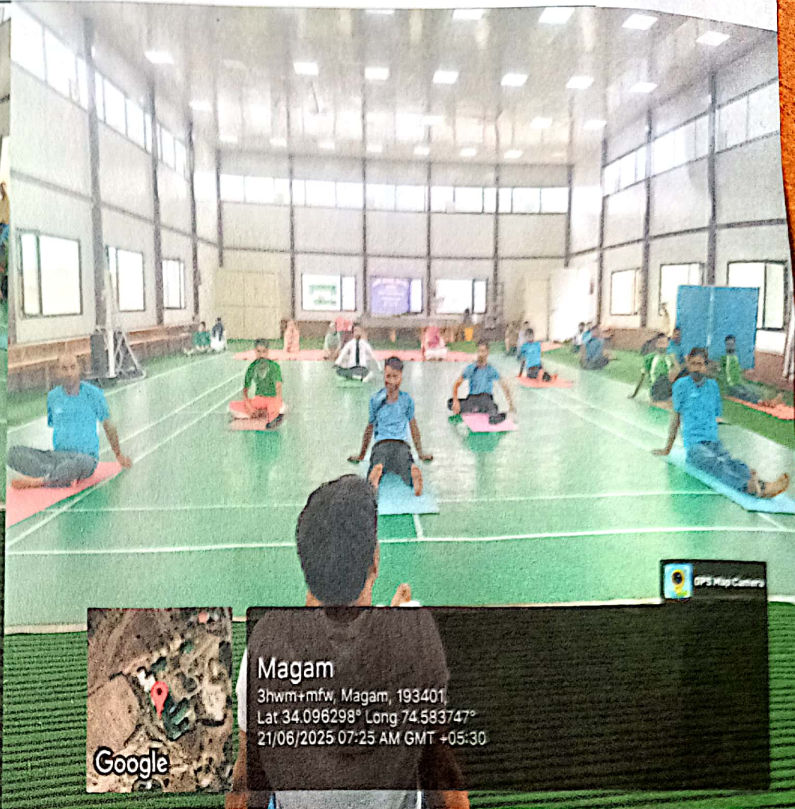
A large number of students, faculty members, and NSS volunteers actively participated in the yoga session, making the event vibrant and successful. The entire session was coordinated and led by Dr. Zahoor Ahmad Mir, Physical Training Instructor (PTI) of the college, who also acted as the chief yoga instructor. Dr. Zahoor Ahmad Mir provided step-by-step guidance to the participants through various yoga asanas, pranayama (breathing techniques), and relaxation exercises. He explained the benefits of each posture, such as improved flexibility, enhanced focus, better respiratory function, and stress reduction.

Participants performed a wide range of yogic exercises including Tad asana, Vrikshasana, Bhujangasana, Vajrasana, and Savasana, among others. Breathing techniques like Anulom Vilom and Bhramari Pranayama were also demonstrated and practiced, promoting inner calmness and mindfulness. The session was conducted in a serene and disciplined environment, with participants following every instruction with sincerity and enthusiasm.

The NSS volunteers played an instrumental role in organizing and managing the event logistics, ensuring smooth conduct throughout the program. They assisted in arranging yoga mats, managing attendance, and guiding participants during the session.

The event concluded with a vote of thanks to all attendees, particularly Dr. Zahoor Ahmad Mir for his skilled instruction and commitment, and the college administration for its continued support of such health-oriented initiatives. Principal Dr. Tasleema Bano appreciated the collective effort of the organizing team and urged everyone to carry forward the message of yoga as a way of life.

GOVERNMENT DEGREE COLLEGE MAGAM



Organizers:

SNW
NSS Unit's

Principals
Physical Education Department

B. A. Prasad
Principal
21/06/2025
Govt. Degree College
Magam, Budgam