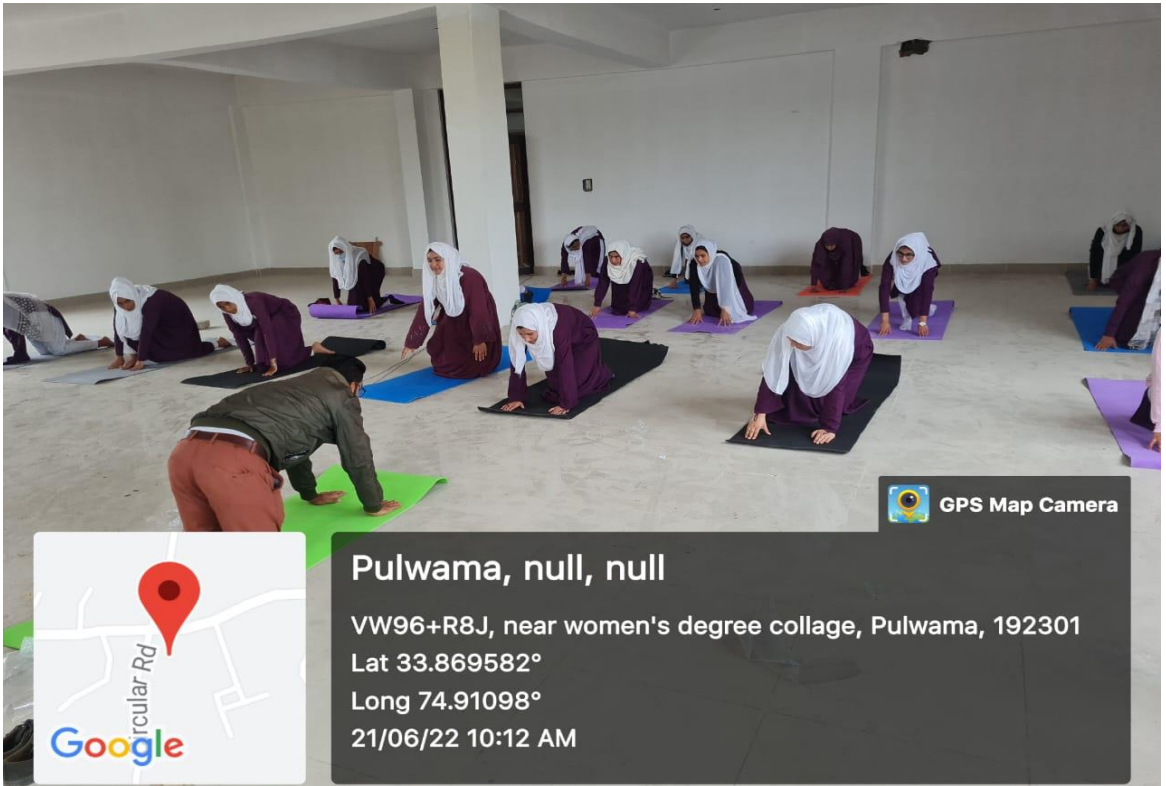


## **Report on International Yoga Day**

**8<sup>th</sup> International Yoga day** was organized by NSS unit(s) in collaboration with Department of Physical Education & Sports, on 21 June, 2022. NSS sixty volunteers participated with full interest and great enthusiasm. The function began with a brief introduction of International Yoga Day by **Dr. Satinder Singh & Prof. Mudasir Ahmad Hajam** NSS Programme officers of the college. Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. **Dr. Atif Ashraf Wani (PTI)** of the college explained the importance of Yoga in our life. He explained that regular practice of Yoga will help the students achieve better mental and physical health. The session began with few warm up and simple Asanas which were performed by the students enthusiastically and the importance of these Asanas was explained simultaneously by **Dr. Atif Ashraf Wani**. He began by explaining how negative thoughts disturb a person. Negativity he said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. He emphasized the fact that purity of thought increases positivity in a person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. He emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. **Prof. Mudasir Ahmad Hajam** told the students that the International Yoga Day is a gift to the world by **Prime Minister shri Narindra Modi**, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. Therefore 21st June is since been celebrated as International Yoga day. **Worthy Principal** of the College **Dr. Yasmeen Farooq** explained the importance of breath in meditation. She encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind. The function ended with a vote of thanks by **Dr Satinder Singh** Programme coordinator. The function was organized by **Dr. Satinder Singh, Prof. Mudasir Ahmad Hajam, Dr. Atif Ashraf wani**, along with all the faculty and office staff who put a lot of efforts to make the function a success.



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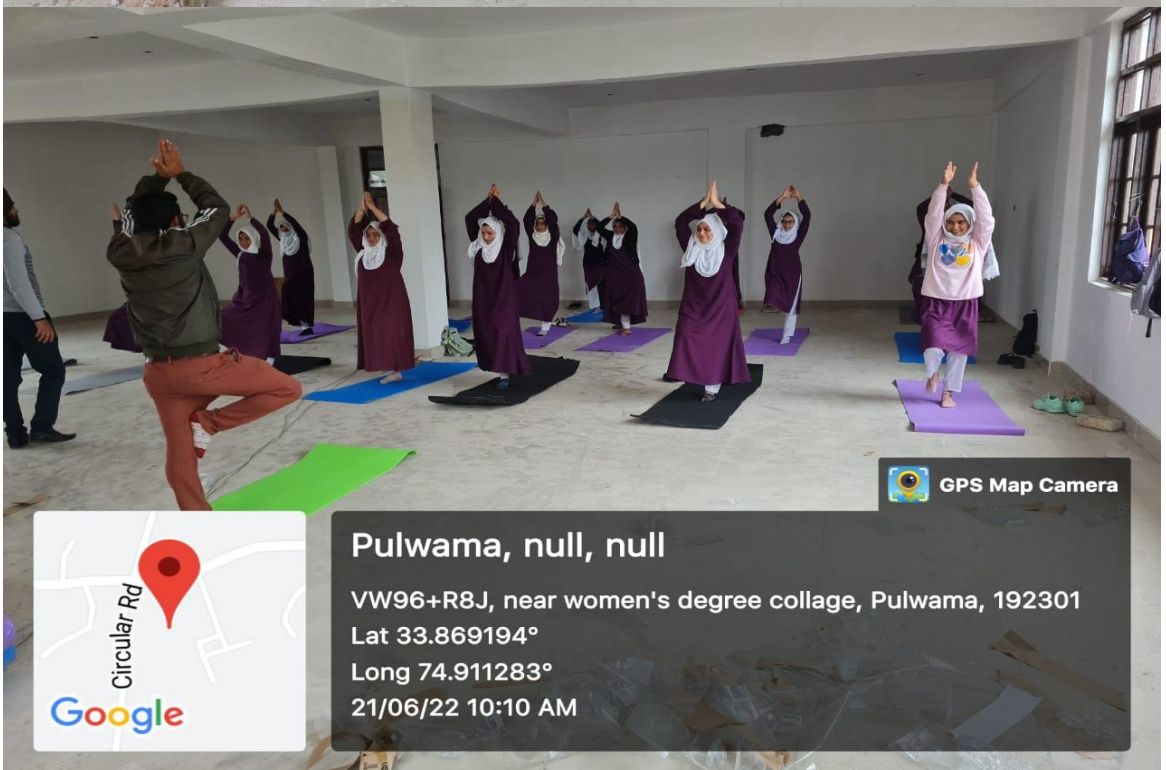
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