



Government Degree College for Women Anantnag
NSS Wing of the College



**Report on Yoga Demonstration Programme Organized by the NSS Units of
GDC Women Anantnag in Collaboration with the Department of Physical
Education and Sports on 14.05.2022:**



Yoga is an effective way to get rid of the stress that is accumulated in the mind and body during our routine day to day life activities. The International Yoga Day (IYD) is celebrated on 21st of June every year. As a part of the countdown to IYD- 2022, the Yoga demonstration was organized by the NSS Units of the College in collaboration with the Department of Physical Education and Sports. The principal of the College Dr Irfan ul Majid was cordial enough to participate in the activity. All the three NSS Officers namely Sadaf Rafiq Beg, Shehnaz



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Gull and Shahid Shafi enthusiastically participated in the demonstration. The main aim of this activity was to create awareness among the students and staff of the college regarding the importance of yoga in maintaining the sound mind and sound body.

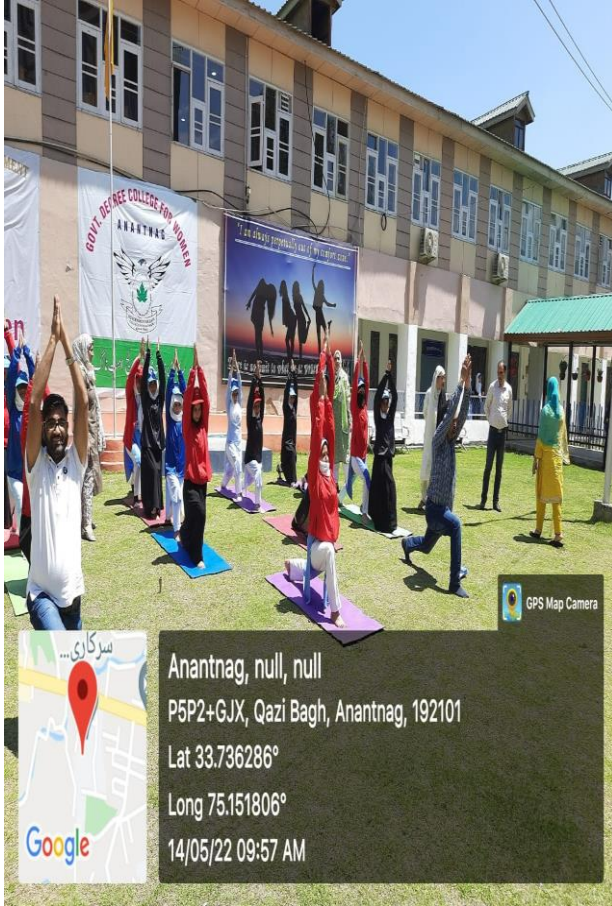


The demonstrations were carried out under the able instructions of Mr Ghulam Rasool Rather, Physical Director of the College who in a very lucid and gentle way make students able to perform various asanas of Yoga such as Matsyasana, Halasana, padamasana, Janushirishasna, Mayurasana, Trikoonasana, Bhujangasana.



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Sadaf Rafiq Beg
NSS PO I
Shehnaz Gull
NSS PO II
Shahid Shafi
NSS PO III

Sd/-
Dr Irfan ul Majid
Principal
GDC Women Anantnag