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REPORT ON INTERNATIONAL DAY OF YOGA 2024:

To observe the International Day of Yoga, the NSS Unit of Qazigund, in collaboration with the Departments of English and Environmental Science, organized a yoga session attended by students, faculty members as well as the non-teaching staff.

Prof. Aufaq Ahmad Zargar (I/C Principal), interacted with the students and spoke on the importance of yoga in the contemporary times. The session then began with an introduction to the importance of yoga, highlighting its various benefits for physical and mental health. Prof. Nehad Kaniz Fatima (HoD English) discussed these benefits in detail, focusing on the stress-relieving effects of breathing exercises or pranayams. Prof. Showkat Ahmad Malik, NSS Programme Coordinator and HoD Education, emphasized the significance of yoga for all students, particularly NSS volunteers, as a healthy practice with numerous benefits. Prof. Rameez Ahmad Shah, (HoD Environmental Science), also enumerated its various health benefits

Following this, the participants performed various Asanas lead by Prof. Nehad Kaniz Fatima. The event was observed with gaiety and students and staff participated enthusiastically during dry runs and in today's event despite the rainy weather, with a view to embrace Yoga in their lives .

Sd/-

I/C Principal

