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Report on International Yoga day

International Yoga Day was celebrated with great enthusiasm and energy at Government Degree College Kangan on **June 21, 2025**. The event aimed to promote the importance of yoga in maintaining a healthy lifestyle and achieving mental well-being. The celebration witnessed the active participation of students, faculty members both teaching and non teaching staff. The event began at 7:00 AM with a brief inaugural session. **Prof. Waseem Yaseen** welcomed everyone and emphasized the significance of incorporating yoga into daily life. A short documentary highlighting the origin and global recognition of International Yoga Day was also screened. The Physical Training instructor, Dr. Mubashir Nisar was invited to conduct a one-hour yoga session. Participants performed various *asanas*, including, Pranayama, and meditation techniques. The instructor explained the benefits of each posture and encouraged regular practice. Students played a key role in organizing and participating in the event. Volunteers from the NSS managed the arrangements and ensured smooth coordination. A few students also shared their experiences on how yoga has positively impacted their lives. The celebration concluded with a vote of thanks delivered by Convenor Sports Prof. Inayat-ul-Dar followed by the national anthem. Participants expressed their appreciation for the initiative and showed interest in attending future yoga workshops. The event was successful in spreading awareness about the holistic benefits of yoga and reinforcing the message of "Yoga for Humanity" as envisioned by the United Nations.






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