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GOVT. DEGREE COLLEGE, URI

گورنمنٹ ڈگری کالج اوڑی (بارہمولہ)

District Baramulla, Jammu & Kashmir (Pin-193123)

(UGC Recognized; NAAC ACCREDITED Grade "B" College)



No: GDCU/ NCC-49

Dated: 22/06/2023

Report on Celebration of International Yoga Day 2026 at GDC Uri

Government Degree College (GDC) Uri celebrated the **12th International Yoga Day** on **21 June 2026** with great enthusiasm and active participation from students, faculty members, NCC cadets, and non-teaching staff. The programme was organized with the objective of promoting physical fitness, mental well-being, and a healthy lifestyle through the practice of yoga.

The event commenced with a brief introduction highlighting the significance of International Yoga Day and the importance of incorporating yoga into daily life. Participants performed various yoga asanas, pranayama, and meditation exercises under the guidance of College PTI (AA). The session focused on enhancing flexibility, concentration, stress management, and overall health.

The theme of International Yoga Day 2026, **"Yoga for Healthy Ageing,"** emphasized the role of yoga in promoting lifelong physical, mental, and emotional well-being. Participants were encouraged to adopt yoga as a regular practice to maintain a healthy and balanced lifestyle.

Speaking on the occasion, the college faculty highlighted the growing importance of yoga in modern life and its contribution to holistic health. The students actively participated in the programme and expressed their commitment to practicing yoga regularly.

The event concluded with a vote of thanks to all participants and organizers for making the programme a grand success. The celebration reflected the college's commitment to fostering health awareness and promoting the ancient Indian tradition of yoga among the youth.



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