



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

International Yoga Day Celebrated at GDC Kargil.

Date	June 22, 2026	Category	Academic
Department	Physical Education	Committee	SKILL CENTRE

The Department of Physical Education, Government Degree College (GDC) Kargil, in collaboration with the Yoga Skill Centre, GDC Kargil, successfully organized a Yoga Session on the occasion of International Yoga Day on 22 June 2026 in the Yoga Hall of the college.

The event witnessed enthusiastic participation from faculty members, non-teaching staff, and students, reflecting the growing awareness of the importance of yoga in maintaining physical, mental, and emotional well-being. The session was conducted under the guidance of Yoga Instructor ****Major Smita****, who highlighted the significance of yoga in leading a healthy and balanced lifestyle.

During her address, Major Smita elaborated on the numerous benefits of regular yoga practice, including improved flexibility, enhanced concentration, stress management, and overall physical fitness. She emphasized that yoga is not merely a form of exercise but a holistic approach to achieving harmony between the body and mind.

The participants actively engaged in various yoga asanas, breathing exercises, and meditation techniques demonstrated during the session. The instructor guided the attendees through each practice, ensuring proper posture and technique while explaining their health benefits.

The programme aimed to promote the message of wellness, self-discipline, and healthy living among the college community. Participants appreciated the initiative and expressed their commitment to incorporating yoga into their daily routines.

The event concluded with a vote of thanks to all participants and organizers for making the celebration meaningful and successful. The Department of Physical Education reaffirmed its commitment to organizing similar activities in the future to encourage a culture of fitness and well-being among students and staff.

Photo Gallery (8 Photos)



