



REPORT ON 12th INTERNATIONAL YOGA DAY CELEBRATION

The National Service Scheme (NSS) unit-1 of Government Girls' General Degree College observed 12th International Yoga Day on 21st June, 2026 with great enthusiasm and active participation from the teaching staff, non-teaching staff, and students. The programme was organised to promote the awareness about the importance of yoga in maintaining physical health, mental well-being and a balanced life style.

The event commenced at morning 6:30 a.m at the ground floor seminar hall of GGGDC with a brief inaugural session. Following the inaugural session a yoga demonstration and practice session was conducted under the guidance of two female trained instructors. The instructors came from the State Institute of Physical Education for Women. Participants performed various yogic postures (asanas), breathing exercises (prayanama), and mediation techniques. Both the instructors were explained the health benefits of each practice and encouraged the participants to incorporate yoga into their daily routines.

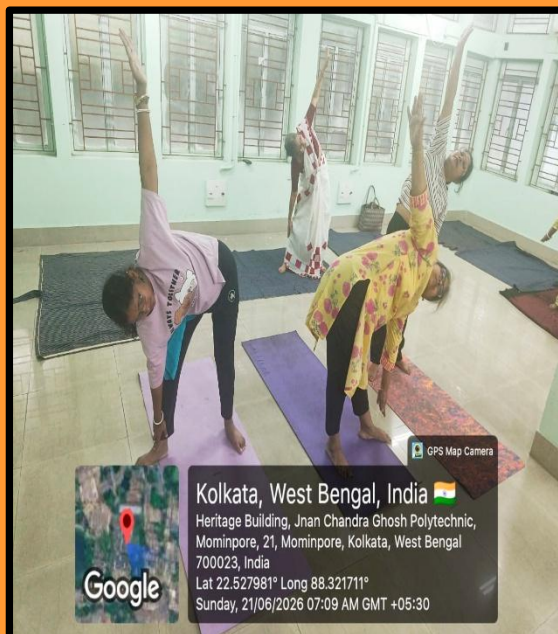
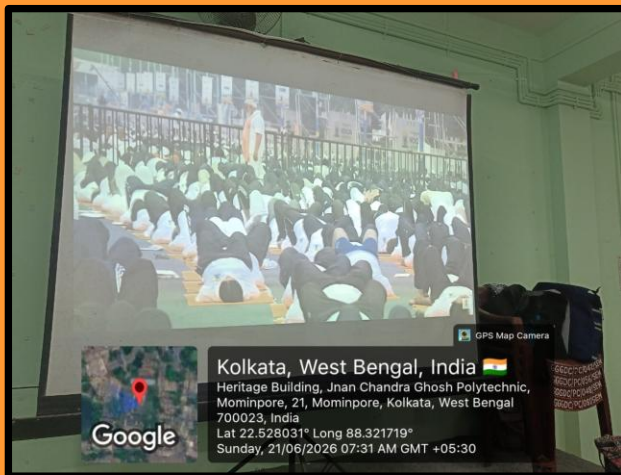
A total of 55 participants (including teachers, non-teaching staff and students) were actively participated in the programme. The session created a positive and energetic atmosphere and helped participants understand the importance of maintain a healthy lifestyle through yoga.

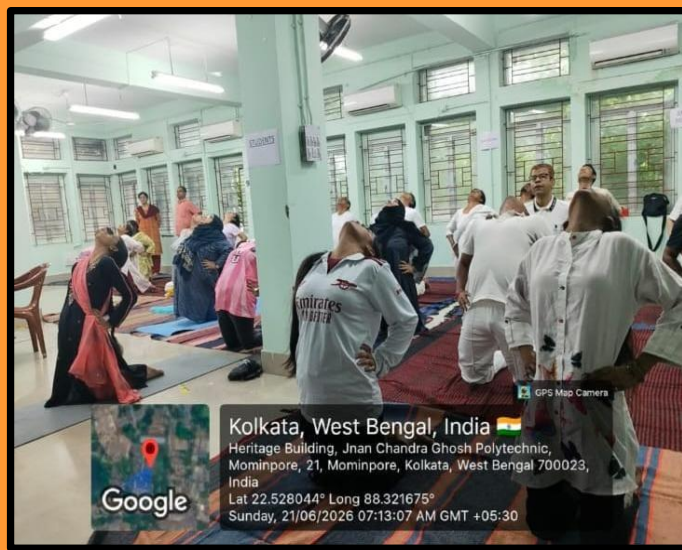
The programme concluded by a vote of thanks delivered by the NSS programme officer.



Event Flyer

Glimpses of Mega Event







Ministry of
Ayush
Government of India



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s Government Girls' General Degree College

organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized

at Seminar Hall and had the participation of 55 people.

*It is also to certify that this event was held simultaneously and in harmony with the national event of
International Day of Yoga 2026, led by the Hon'ble Prime Minister at
Kolkata, West Bengal.*

Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi

**Certificate received By the College from Ministry of Ayush
and
Ministry of Health and Family Welfare**