



Office of the Principal Government Degree College Ganderbal Kashmir

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No.GDC/GBL/20/2249

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Dated: 22/06/2020.



SUBJECT: Celebration of 6th International Yoga Day, 2020.

The 6th International “Yoga Day” was celebrated by the college on 21st June, 2020, by the Department of Physical Education & Sports in collaboration with the NCC and NSS wings of the college.

Activities

The three types of activities were conducted during this occasion through E-mode keeping in consideration the Covid-19 pandemic and was open for all the colleges of Jammu & Kashmir (UT).

1. Perfect Asana competition, in which the participants were asked to upload their images and videos of Asanas.
2. Online Quiz on the theme; “Yoga and its Impact on Health”
3. Poster making competition on Asanas & Mudras

The poster is for the "Celebration of 6th International Yoga Day, 21st June 2020" organized by the Department of Physical Education & Sports, NCC & NSS Wings of the College, Government Degree College Ganderbal. It features a central banner with the college name and logos. Below the banner, there are four columns of text detailing the activities: Perfect Asana Competition (30 seconds video, images, submit on e-mail), Online Quiz Competition (submit details on link below), Poster Making on Asanas & Mudras (submit on e-mail), and Event Rules (all activities through E-Mode, students from all colleges across J&K can participate, a student can participate in all three events, activities commence on 20th & 21st June 2020 at 11:00 am sharp as mentioned in activities section). At the bottom, there are four images of people performing yoga asanas, a list of the Principal and Coordinators, and a footer with participation information.

Government of Jammu and Kashmir
Government Degree College
Ganderbal
YOGA DAY 2020
"Celebration of 6th International Yoga Day, 21st June 2020"
Organized by:
Department of Physical Education & Sports, NCC & NSS Wings of the College

Activities	Event Rules
Perfect Asana Competition <ul style="list-style-type: none">30 Seconds videoImages (2 only) (21st June, 2020) Submit on e-mail: gumakgbl@gmail.com	<ul style="list-style-type: none">All activities will take place through E-Mode.Students from all colleges across J&K can participate.A student can participate in all the three events.The activities will commence on 20th & 21st June, 2020 at 11:00 am sharp as mentioned in activities section.
Online Quiz Competition on Yoga and its Impact on Health (20th June-2020) Submit details on the link below: https://forms.gle/9H8B8C8888888888 OR https://forms.gle/9H8B8C8888888888 or e-mail form link	
Poster Making on Asanas & Mudras Competition (21st June, 2020) Submit on e-mail: Syedimul4@gmail.com	

The 1st, 2nd & 3rd positions in all the activities will be provided with E-Certificates and Prizes

Prizes
Prof. Bashir Ahmad Parry (Principal)
Coordinators
1. Dr. Ishfaq Ahmad Najar (NSS Programme Officer)
2. Mr. Manzoor Ahmad (NCC Programme Officer)
3. Dr. Syed Anwar Hussain (Physical Director)

For participation in Perfect ASANA/Easy Competition at divisional level, interested students may register themselves on the website: www.gandharva.edu.in or can look on <https://form.jotform.com/gandharva/yoga>

In all these events large number of students participated with zeal and zest and huge number of **Yoga Images, Videos & Posters** were received by the concerned.

Also large number of students took part in **Quiz competition**. The main aim of the quiz was to raise the awareness on the benefits of practicing Yoga among the students as it provides a holistic approach to the health and well-being

After the conclusion of the event the performance of participants in the mentioned activities was thoroughly analyzed by the experts to trace out the positions.

Positions

1. In the Category of Perfect Asana Competition.

1st Prize : Gulbadan Hikmatayar.

2nd Prize : Lone Saqib Shabir.

3rd Prize : Yasir Ahmad Dar.

2. In the Category of Quiz Competition.

1st Prize : Mohd. Akram Taidwa.

2nd Prize : Ummer Yousf Najar.

3rd Prize : Sayima Nazir

3. In the Category of Poster Making Competition.

1st Prize : Henna Mehraj.

2nd Prize : Gayathri L (Govt. Womens College, Parade, Jammu)

3rd Prize : Sayima Nazir.

Note: The position holders are advised to remain in touch on college website for their e-certificates and prizes distribution.

➤ Besides the following students from our college participated in divisional level competition on “Perfect Asanas” organized by Govt. College for Women M.A Road Srinagar under the Aegies of the Department of Higher Education , Govt. of UT of J & K;

1. Yasir Ahmad Dar (3rd Sem B.A)
2. Waseem Raja. (3rd Sem B.A)
3. Gulbadan Hikmatyar. (2nd Sem B.A)
4. Lone Saqib Shabir. (2nd Sem B.A)
5. Mohammad Maqbool Lone. (3rd Sem B.A)
6. Mohammad Hilal Khatana. (3rd Sem B.A)

- **Displaying of some of the images and posters on the occasion of YOGA DAY, 2020.**

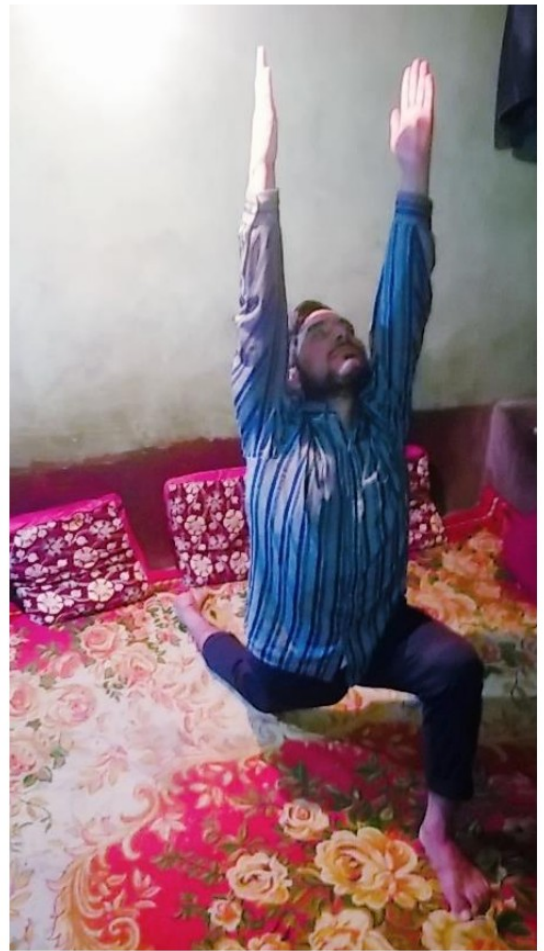


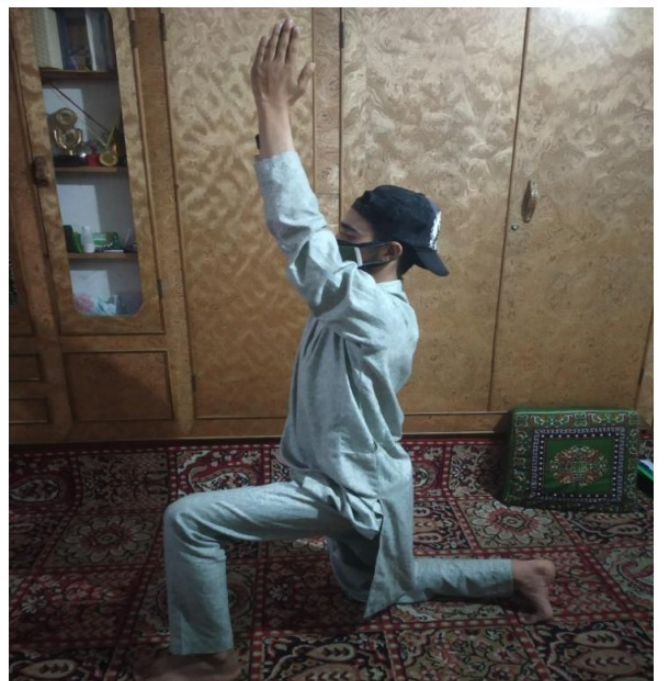
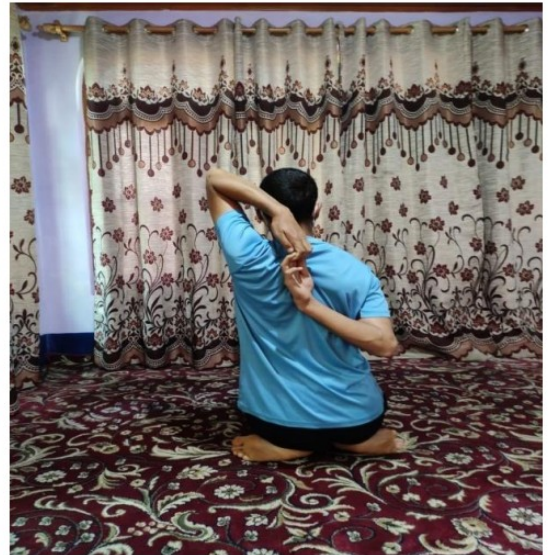


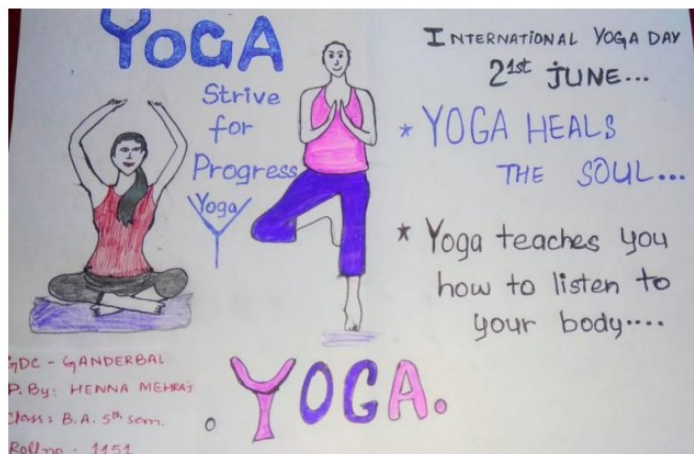
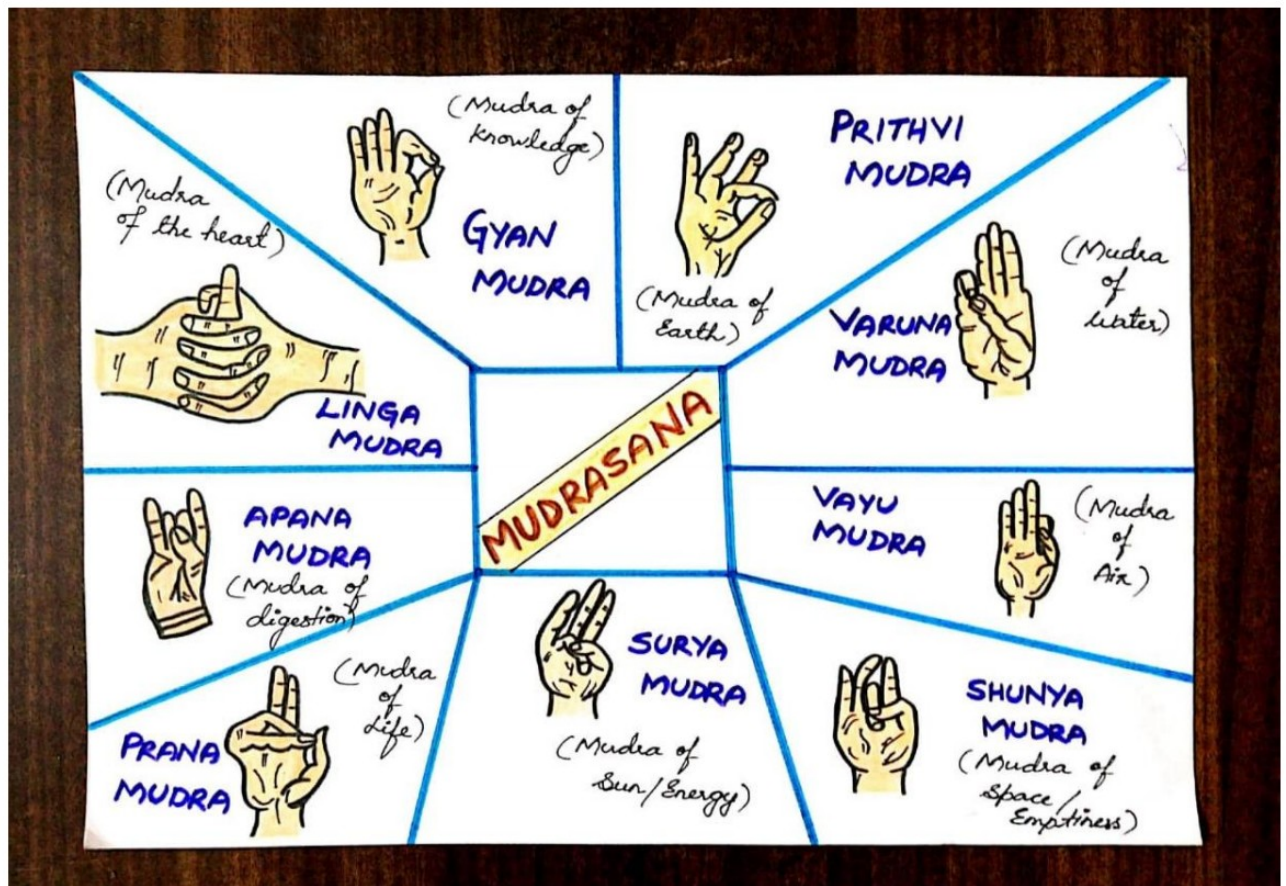












Principal
Govt. Degree College
Ganderbal

1. Dr. Ishtiyahq Ahmed Najar
(NSS Programme Officer)

2. Mr. Manzoor Ahmad
(NCC Programme Officer)

3. Dr. Syed Anayat Hussain.
(Physical Director)