

REPORT

INTERNATIONAL YOGA DAY

Government Degree College Theog | 21 June 2025

Introduction

Government Degree College Theog observed **International Yoga Day** on **21 June 2025** with the objective of **promoting awareness about the importance of yoga and its contribution to physical, mental, emotional, and social well-being**. The observance was undertaken as part of the institution's continued efforts to encourage students to adopt healthy and disciplined lifestyles.

Yoga, as a holistic practice, integrates physical postures, breathing techniques, concentration, and relaxation. The programme provided an opportunity to highlight how regular yoga practice can contribute to physical fitness, improved concentration, stress management, flexibility, balance, and a sense of inner well-being.

Objectives of the Programme

- To create awareness among students about the physical, mental, and emotional benefits of yoga.
- To encourage students to incorporate yoga and healthy physical practices into their daily routine.
- To promote discipline, concentration, flexibility, balance, and self-awareness.
- To emphasise the importance of preventive health and a balanced lifestyle.
- To reinforce the role of physical well-being in the holistic development of students.

Organisation and Participation

The program was organised with the active support and guidance of our esteemed **Principal, Dr. Bhupinder Singh Thakur, and Dr. Vikrant Gautam, Assistant Professor in the Department of Physical Education.**

Students were encouraged to participate with enthusiasm and to understand yoga not merely as a physical exercise but as a comprehensive approach towards a healthy and balanced life.

The observance created a positive and purposeful atmosphere on the campus. Students were sensitised to the importance of regular physical activity and were encouraged to develop sustainable habits that could contribute to their long-term health and well-being.

Major Learning Outcomes

The programme helped students appreciate the importance of maintaining a balance between academic responsibilities and physical well-being. It highlighted the role of regular exercise, controlled breathing, concentration, and relaxation in managing everyday stress and improving overall quality of life.

The observance also strengthened the college's commitment to health-oriented activities and reinforced the idea that education must address the physical and emotional development of learners alongside their academic growth.

Conclusion

The celebration of International Yoga Day at Government College Theog was a meaningful initiative towards promoting a culture of health, fitness, discipline, and self-care. The programme encouraged students to recognise yoga as an accessible and sustainable practice for maintaining overall well-being. The college remains committed to organising such activities and motivating students to adopt healthy practices as an integral part of their lives.

