



Report on the Celebration of International Yoga Day 2025 at Government College Theog

The National Service Scheme (NSS) Unit of Government College Theog, in collaboration with the National Cadet Corps (NCC), the Department of Physical Education, and the entire staff of the college, enthusiastically celebrated International Yoga Day 2025 on the college campus.

The programme commenced in the morning with a brief introductory address highlighting the significance of yoga in promoting physical fitness, mental well-being, and holistic development. Faculty members emphasized the global relevance of yoga and its role in fostering a healthy lifestyle among youth.

A guided yoga session was conducted under the supervision of the Department of Physical Education. Participants performed various asanas, pranayama, and meditation exercises with great enthusiasm and discipline. More than 30 NSS volunteers actively participated in the yoga session along with NCC cadets, teaching, and non-teaching staff members, making the programme a truly collective effort of the college community.

The session aimed to spread awareness about the importance of incorporating yoga into daily life for stress management and overall wellness. The celebration concluded with a vote of thanks, appreciating the cooperation of all departments and participants. The event successfully reinforced the message of “Yoga for Self and Society” and inspired attendees to adopt yoga as a regular practice for a balanced and healthy life.



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