

Govt Degree College Langate

International Yoga Day Celebration

21-JUNE-2023



Today in early wee hours of 21st June-2023, **Government Degree College Langate** celebrated **9th-International Yoga Day**. The Programme was attended by good number of students, teaching and non-teaching faculty members of college with great enthusiasm. The event began with a brief introduction on Yoga Day by **Dr Bilal Ahmad Wani**, Convenor Sports. He addressed the participants on the importance of yoga practices in our life and how to maintain the harmony between body and Mind.

Dr. Waseem Raja, PTI gave detailed information regarding importance of Yoga in our day-to-day life. Warm up exercises were

taken and all the students practiced and performed sitting and standing Asanas, importance of these Asanas were explained simultaneously. The function ended with a vote of thanks by **Dr. Barkat Hamid**, Assistant Professor Urdu. International yoga Day Celebrations ended with a huge Success under the supervision of Dr. Bilal Ahmad Wani, Assistant Professor Environmental Sciences and Convenor Sports. Refreshment was served to all the participating students and staff members.





