



भारत 2023 INDIA
वैश्वेव कुटुम्बकम्
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OFFICE OF THE PRINCIPAL

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Press Release

As part of Azadi Ka Amrit Mohatsava NSS Unit and Eco-Club Green Gool of GDC Gool celebrated International Yoga Day at Mazam Kund in Gool. The grand event was organised under the guidance of Principal Dr. Karan Singh. The day is celebrated every year on 21 June across the globe to highlight the benefits of Yoga in the life of an individual. The programme commenced with the opening remarks of the Principal who also performed various Yoga Asans in front of students and locals who also participated in the event. In his insightful speech Dr. Karan Singh advised the participants to adopt Yoga exercises as habits in their lives. It is the best exercise that can keep you body healthy and fit. Further, he apprised that these exercises played vital role in bringing the balance of mind and body as in this busy life large number of people are facing psychiatric problems. Apart from the Principal, Dr. Zafar Hayat also displayed some exercises in front of students and locals who had assembled there. In total 100 students and locals enthusiastically participated in the event to make it a grand success. Among teaching and Non-teaching staff Prof. S.A. Ganai (HOD English), Prof. Mushtaq Ahmed Bhat (HOD Political Science) Prof. Jatinder Lal (HOD Education) Dr. Zafar Hayat (HOD Arabic) Prof. Gopal Singh (HOD Dogri) and Prof.



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Mohd Younus Saleem (Asstt. Prof. English) were present on the occassion and did the Yoga Asans. Some prominent citizens of the locality namely Haji Ahadullah Mughal Mandal Pardhan BJP, Mastoor Ahmed Tragwal Vice President BJP Gool, Mohd Yousaf Bhat Secretary BJP Gool and Mushtaq Ahmed Lohar OBC President were also invited to grace the occasion.



**Sd/-
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