



# Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

## ACTIVITY REPORT

### GDC Kargil Organised Yoga Session celebrating Seva Parv:

<b>Date</b>	September 23, 2025	<b>Category</b>	Academic
<b>Department</b>	Physical Education	<b>Committee</b>	N/A

Kargil, September 23, 2025 – Government Degree College Kargil successfully organized a one-day yoga session today as a part of celebration of Seva Parv for both faculty members and students. The session was conducted under the guidance of Principal GDC Kargil Professor Disket Angmo, aimed at promoting physical and mental well-being among the college community.

The event was jointly organized by the Department of Physical Education and Sports in collaboration with the Yoga Skill Centre GDC Kargil. This session was led by certified yoga instructor Ms. Niharika Sharma, who guided the participants through various yoga postures and breathing exercises designed to reduce stress and improve overall health.

The session witnessed active participation from both teaching and non-teaching staff, as well as students of the college. Participants expressed enthusiasm and appreciation for the opportunity to engage in a wellness activity that supports both mind and body.

Mr. Mustafa Ali, College Director of Physical Education and Sports, extended a heartfelt vote of thanks, acknowledging the efforts of all those involved in organizing the session and encouraging continued focus on health and wellness initiatives at the college.

Such events reflect the college's commitment to fostering a holistic educational environment that includes physical and mental well-being alongside academic growth.

### Photo Gallery (4 Photos)

