

# Department of Environmental Sciences

GOVERNMENT DEGREE COLLEGE VAILOO LARNOO

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Post-Event Summary Report

## INTERNATIONAL YOGA DAY – 2024

Theme: *(Yoga for Women Empowerment)*

21<sup>st</sup> June, 2024

**Organizer:** Department of Environmental Sciences, Govt. Degree College Vailoo Larnoo (J&K)

**Collaborator:** NSS, ELC & Physical Education & Sports - Govt. Degree College Vailoo Larnoo (J&K)

### GOVT DEGREE COLLEGE VAILOO LARNOO

Anantnag (UT of J&K)

Affiliated with University of Kashmir

### National Service Scheme (NSS)

in collaboration with

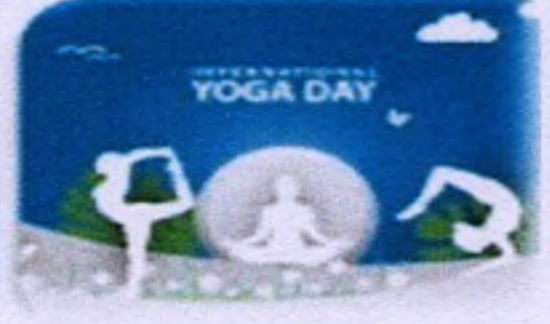
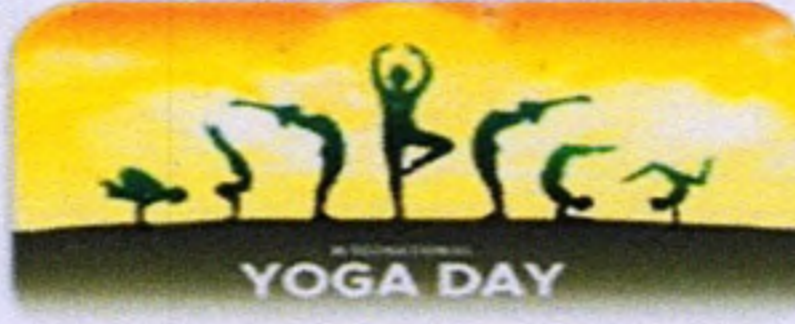
Electoral Literacy Club (ELC) & Department of Physical Education & Sports

celebrate

## International Yoga Day – 2024

(21<sup>st</sup> June, 2024)

Theme: *Yoga for Women Empowerment*



### Programme Summary:

The International Yoga Day celebration on June 21, 2024, at GDC Vailoo Larnoo was a remarkable event, dedicated to this year's theme, "Yoga for Women Empowerment." The event witnessed enthusiastic participation from both staff and students, highlighting the significance of yoga in promoting physical, mental, and spiritual well-being, particularly focusing on empowering women.

### Inaugural Ceremony

The celebration commenced with an inaugural session led by the Incharge Principal of GDC Vailoo Larnoo. In his opening remarks, he emphasized the importance of yoga as a tool for empowerment, particularly for women, and its role in fostering a balanced and healthy lifestyle. He also highlighted how yoga can enhance self-confidence, inner strength, and resilience among women, enabling them to face life's challenges with greater fortitude.



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## *Yoga Session*

Following the inaugural speech, a yoga session was conducted. The session was designed to cater the basics of yoga. Syeed Mudasir Mushtaq guided the participants through various asanas (postures), pranayama (breathing exercises), and meditation techniques, all aimed at enhancing physical health and mental clarity.



## *Active Participation and Enthusiasm*

The event saw active participation from both staff and students, reflecting the zeal and vigour with which the GDC Vailoo Larnoo community embraced the theme of "Yoga for Women Empowerment." The participants displayed great enthusiasm in learning and practicing the various yoga techniques, and the energy was palpable throughout the event.



## *Closing Ceremony*

The celebration concluded with the Principal-GDC Larnoo expressing his gratitude to all the participants, instructors, and organizers for their efforts in making the event a success. He reiterated the importance of continuing the practice of yoga beyond the event and encouraged everyone to integrate yoga into their daily routines for sustained health and empowerment.

## *Conclusion*

The International Yoga Day celebration at GDC Vailoo Larnoo in 2024 was a resounding success, effectively highlighting the theme of "Yoga for Women Empowerment." The event not only promoted the physical and mental benefits of yoga but also underscored its role in empowering women to lead healthier, more balanced, and confident lives. The collective participation and enthusiasm demonstrated by the staff and students are a testament to the growing recognition of yoga as a powerful tool for personal and societal transformation.

Special attention was given to asanas that promote strength, flexibility, and balance, which are particularly beneficial for women. The instructors also emphasized the mental and emotional benefits of yoga, including stress reduction, improved concentration, and emotional stability.

*Head, Department of Environmental Sciences/*

*Coordinator, Eco-Club/EIC*

21/6/2024

*Principal*