



Department of Physical Education, NSS & EBSB UNIT

Government Degree College Vailoo Larnoo Anantnag

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Department of Physical Education in collaboration with NSS & EBSB Club, Govt Degree College Vailoo Larnoo organized a series of events on 6th International Yoga Day, 2020. Dated: 22/06/2020

Activities Conducted

Activity	Date/Time	Platform	Invited Speakers/Panelists
1. Webinar on "Illuminating Lives through Yoga"	21 st June, 2020 11:00 am	Google Meet	1. Dr. Faisal Hayyat, Head Department of Physical Education, GDC, Pulwama 2. Dr. Abdul Roof Rather, Assistant Professor, CUK, Kashmir.
2. Online debate on "Relevance and Importance of Yoga in Modern Times"	19 th June, 2020 11:00 am	Google Meet	1. Firdose Ahmad, Asst. Prof. GDCLarnoo 2. Rameez Raja, Asst. Prof. GDC. GDC Larnoo 3. Bilal Ahmad Kukroo, Asst. Prof. GDC Larnoo
3. Essay Competition on Yoga: a way to find serenity amid COVID-19 epidemic.	Submission Date 22/06/20 20	Gmail roufsalam@gmail.com	1. Rouf Ahmad Malik, Asst. Prof. GDC Larnoo 2. Raof Ahmad Bhat, GDC Larnoo 3. Dr. Sajad Ahmad, Asst. Prof. GDC Larnoo

An online debate via Google meet app among students was conducted on 19th June, 2020 on "Relevance and Importance of Yoga in Modern times". A fair number of participants from different Colleges & Universities of Kashmir registered for the event. But unfortunately due to internet snap down in Pulwama on that date, a total of 07 students participated in the event. The students were given 20 minutes each to speak on the theme, while observing by the panelists. The results of the debate competition areas

1. Aabid Ramzan, GDC Vailoo Larnoo, 1st Position
2. Ghulam Mohiuddin Deka, GDC Vailoo Larnoo, 2nd Position
3. Tajamul Islam, Department of Botany, University of Kashmir, 3rd Position
4. Safia Jan, GDC Vailoo Larnoo, 4th Position

G. Y. D. D. D.
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir

An online session with students & faculty members on theme "Illuminating Lives through Yoga" was also conducted on 21st June 2020. A good number of participants along with faculty members of the college attended the session. Worthy Principal, Prof, (Dr.) Asmat, while addressing the participants stressed on the need and importance of yoga amid this COVID-19 pandemic. She encouraged the participants to do regular physical activity, as scientific evidence has explained that doing physical activity 60 minutes a day has its associated physical, physiological and psychological benefits. The invited speakers **Dr. Faisal Hayat and Abdul Roof Rather** also highlighted the importance of yoga and its associated health benefits. The speakers asserted that yoga has no theology; it has nothing to do with religion and everything to do with exercise, stress reduction etc.

An essay competition was also conducted on 6th International Yoga day. The event was initially meant for students of Jammu & Kashmir, but receiving few entries from students of other states, it was decided with worthy principal that for the encouragement of these students, they will be allowed to take part in the essay competition. A total of 50 participants registered for the event, but only 10 participants send their entries before the closed date and time. The results of the essay competition areas

1. Mohammad Sibtain Kadri, School of Environmental Sciences, Bharathidasan University, Tiruchirappalli, Tamil Nadu, **1st Position**
2. Rushanka Joseph Kottakkal, ICLES Motilal Junjunwala College, Vashi Mumbai, **2nd Position**
3. Naseer Ahmad Beig, Department of Commerce, University of Kashmir, **3rd Position**

Patron
Prof. (Dr.) Asmat
Principal, GDC Larnoo

Ayedonir
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir

Convener
Roof Ahmad Bhat
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