



INTERNATIONAL DAY OF YOGA

Theme : Yoga for One Earth, One Health

21ST JUNE

HKM DEGREE COLLEGE BANDIPORA

International Yoga Day Celebration at HKM GDC Bandipora

Date: 21st June 2025

The HKM Government Degree College, Bandipora celebrated the International Yoga Day on 21st June 2025 with great zeal and enthusiasm. This year's celebration embraced the global theme – Yoga for One Earth, One Health – underscoring the relevance of yoga in promoting holistic well-being and environmental consciousness.

The event was conducted under the able guidance of Prof. Bilquees Rasool War, the officiating Principal of the college and Convener Sports Committee, Prof. Gowhar Muslim Shah. Faculty members and students actively participated in the event, ensuring both discipline and devotion throughout the session.

The yoga session began with a brief introduction to the significance of International Yoga Day, followed by a demonstration of various yoga postures. The following asanas and breathing exercises were performed:

1. Surya Namaskar (Sun Salutation) – A series of twelve powerful yoga poses that provide a good cardiovascular workout.



2. Vrikshasana (Tree Pose) – Enhances balance and stability in the legs while improving concentration.

3. Bhujangasana (Cobra Pose) – Strengthens the spine and opens up the chest and shoulders.

4. Virabhadrasana (Warrior Pose) – Builds stamina and balance while energizing the body.

5. Anulom Vilom (Alternate Nostril Breathing) – A vital pranayama practice that helps in calming the mind and balancing the nervous system.

The instructor for the yoga session was Ms. Nazrana Ahsan, a student of Second Semester, who led the participants with

