



Office of the Principal
ALTAF MEMORIAL GOVT. DEGREE COLLEGE, KILAM
(NAAC Accredited Grade "C")

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Report

International Day of Yoga was celebrated by Altaf Memorial Government Degree College, Kilam today on 21-06-2024 under the theme “ **Yoga for self and society**”. The event was organized by the Department of Physical Education and NSS Unit of the college. Apart from the faculty members both teaching and non-teaching, a good number of the students also participated in the session. A brief lecture was delivered by the Worthy Principal of the college Dr. Shabir Ahmad Padder on the need and importance of yoga. He enlightened the participants about the benefits of yoga and its role in physical, mental, social and emotional development. The lecture was followed by the demonstration session that was lead by the Physical Training Instructor of the college. All the participants take part in the programme with great zeal and enthusiasm. At the end Prof. Kawsar Ahmad Ganai Convener Sports Committee presented the vote of thanks.


Convener

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Sports Committee

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