

GOVT DEGREE COLLEGE D.H. PORA KULGAM



(Affiliated to the University of Kashmir)

6th INTERNATIONAL YOGA DAY CELEBRATIONS

JUNE 21, 2020.

Internal Quality Assurance Cell in collaboration with NSS Unit of Govt. Degree College D.H. Pora, Kulgam is going to organize online competition of the following events:

Online Events:

1. Essay Writing Competition Topic: "Yoga the key to wellness."
2. Yoga Asana video Contest: Upload video performing Yoga Asana not more than 1 minute.
3. Poster Making Competition: Poster related to Yoga Asana.

Registrations:

1. Students can participate in all events.
2. E-certificates awarded to all participants on their respective email.
3. The online submissions will be accepted on or up to 20th June 2020.

The link for Participation: <https://forms.gle/dECDGm...>



Patron: Prof. Dr. Mohammad Farooq Mir

Organizing Committee:

1. Dr. Hilal Ahmad Shah.
2. Prof. Musabir Ahmad Dur.
3. Dr. Akash Ahmad Shah

any Query related to events mail us at: kgadodyadkdnora2020@gmail.com or whatsapp us at +919419084799

Celebration of Yoga Day On 21 June 2020
Govt. Degree College D. H. Pora kulgam



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Staff members of GDC. D. H. PORA
ON YOGA DAY 21 JUNE 2020



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OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE D.H.PORA (KULGAM)
Email: principalgdedhpora@gmail.com

Report



Internal quality Assurance cell in collaboration with NSS unit of Govt. Degree College D.H. Pora celebrated 6th International Yoga Day On 21st June 2020.

Following Activities were conducted keeping in view covid -19 pandemic.

1. Online Link were provided to all the College students of UT Jk for the registration in different activities.
2. Demonstration of Asanas were given to Staff and Students in the Hall separately with social distance.

The performance of Students who participated in Essay writing, Yoga Asana Competition and Poster Competition were analysed by the experts to trace out the positions.

Position Holders of Essay Competition

- 1st Position: Mohd Asif Wagay
- 2nd Position: Shahid Nazir
- 3rd Position: Muneeb Yousuf (Amar Singh College Srg)

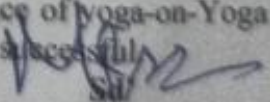
Position Holders of Perfect Asana Competition

- 1st Position: Showket Nazir
- 2nd Position: Shahid Nazir
- 3rd Position: Mohd Asif

Positions in Poster making Competition

- 1st Position: Showket Nazir
- 2nd Position: ovais Ah wani
- 3rd Position: Arif Gani Mir

Principal of the college Prof. Dr. Mohammad Farooq Mir highlighted the importance of yoga-on-Yoga Day and congratulated all the participants and staff members to make the programme successful.


Principal



Government Degree College D.H Pora Kulgam

Date: 21 June 2020

CERTIFICATE OF PARTICIPATION Anamika Menia

GDCDHP - 0009

Govt. P.G. College For Women Jammu

has participated in the national level online
activity/program of corporate conducted by Internal Quality Assurance Cell in collaboration with GDC, D.H.P.
Kulgam on the theme "Yoga Day on the theme 'Yoga the Key to Wellness'"

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Attendance of N.S.S. Volunteers and Teaching Staff for the Celebration of the International Yoga Day

S.No.	Name of Participant
1.	Dr. Hilal Ali Shah
2.	Mr. Mudasir Ali Bhat
3.	Prof. Ramul Ali Bhat
4.	Prof. Rahat ul-Bathui
5.	Mr. Hilal Ali Bhat
6.	Mr. Akash Ali Bhat
7.	Prof. Mahid Akbari
8.	Mr. Tahir Ahmad
9.	Mr. Umar Yusuf
10.	Naeem Ali, Thapa
11.	Sameer Ahmad
12.	Bilkeesa Jaliangil
13.	Sabha Hassan
14.	Shafiqul Haamid
15.	Amir Ali Khan
16.	Mustaza

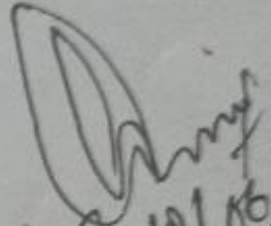
P.O
N.S.S

Cent. Degree College D.H. Puna (K)

Notice

DT. 18/06/2021.

All the N.S.S. Volunteers of this College informed to register themselves with Dr. Hiral Ashimad Shahi (P.O. N.S.S.) for the celebration of "7th International Yoga day" and Cleaness drive.


N.S.S. 18/06/2021
Programme Office



21/5/21
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by P.S.S
D.H. Por...

Damhal Hanjipora, null, null

hanjipora, Damhal Hanjipora, 192233

Lat N 33° 36' 50.5872"

Long E 74° 55' 51.042"

21/05/21 192233

⇒ Page: Celebration of the
Independence Day
of NSS
21/6/21



Damhal Hanjipora, null, null
hanjipora, Damhal Hanjipora, 192233

Lat N 33° 36' 50.5548"

Long E 74° 55' 51.0564"

21/06/21 10:39 AM

Today as on 21/6/21 Govt. Degree College D.H. Para
 Collaboration with N.S.S Unit of College celebrated
 7th International yoga day under the Patronage
 the Principal of our College Dr. Shalique Zabida
 the theme for this years yoga day was "Yoga for
 Well being". the organising Committee comprises
 Dr. Hiral Ahi Shah (NSS Officer), Mrs. Mudair Ahi
 Mr. Ghoshal Ahi Dal (LFE). A Series of activities
 performed by the NSS volunteers on the eve of the
 the volunteers demonstrated various asanas. Various
 exercises were taken and all the volunteers perform
 sitting and standing asanas, importance of these
 explained by our PTI. Our PTI encouraged everyone
 to practice regular yoga to remain fit and
 improve concentration. After 1 P.m. the volunteers
 actively participated in the cleaners drive of
 campus and Quiz Competition. respectively. It was
 very interesting day for all of us. the experience
 we got was really amazing and important

Report by
 Dr. Hiral Ahi Shah
 N.S.S. Officer

Dt. 21/6/21.

Sunday
 24/6/21
 Principal
 Govt. Degree College
 Damhall Hanj Para, (Kulgan)

Cent. Degree College D. H. Puna

Dt = 21/06/2021

List of N.S.S. International

Volunteers for the celebration of 7th
Yoga day and cleanliness drive

S. No.	Name of volunteer
1	Nadeem Ahmad thakur
2	Admil Ahmad Chané
3	Sameel Ahmad.
4	Bilkeela Johangje
5	Tafcega Hamid.
6	Sasha Hasan.
7	Shughata Hamid
8	Saqia Maryam.
9	Mubeen Ahmad
10	Halal Ahmad.

N.S.S. Programme Officer
21/06