

GDC THANNAMANDI
NATIONAL SERVICE SCHEME

DATE:21/6/2025

GDC Thannamandi hosts Weeklong Workshop to celebrate International Day of Yoga on June 21, 2025

While joining the nation and world in celebrations of International Day of Yoga, the Internal Quality Assurance Cell (IQAC) of Govt. Degree College Thannamandi hosted a Week-long Workshop on Yoga as part of Viksit Bharat@47 that concluded here today. During the weeklong workshop, from June 16-21, diverse Yoga related activities and exercises performed on the theme “Yoga for one earth, one health” under the patronage of Prof. (Dr.) Farooq Ahmed, Principal of College wherein Anuj Bali, Librarian and Mehtab Khan, an alumna of college were resource persons. Dr. Ashaq Malik, Head Department of Botany and IQAC Co-ordinator and Prof. Supriya Gupta, Head Department of Computer Science in College, Co-ordinated the program. Prof. Farooq appreciated the efforts of organizing team to organize a very engaging workshop on yoga and said yoga is exercise for both body and soul, and we should perform it regularly to keep ourselves fit and fine. The NCC cadets, NSS volunteers and staff members of college amid summer vacation actively participated in the workshop.



