

International Yoga Day Celebrated at Sankoo Campus, GDCK

Sankoo, June 21, 2025 — The International Yoga Day 2025 was celebrated today with great enthusiasm at the Sankoo Campus of Government Degree College Kargil (GDCK). The event was conducted in the morning hours by the students of 2nd Semester Yoga, under the supervision of Mohd Hassan Hadire, Director of Physical Education and Sports, GDCK.

The participants performed a series of yoga asanas, breathing exercises, and meditation practices, highlighting the importance of yoga in maintaining physical and mental well-being. The event aimed to spread awareness about the benefits of yoga and promote a healthy lifestyle among the youth.

The celebration witnessed active participation from students and staff, creating an atmosphere of unity, discipline, and wellness. While the refreshment was served among the participants, the gathering reflected a sense of satisfaction and joy after the yoga session.

The event concluded with a vote of thanks and a pledge to incorporate yoga into daily life.



