

International Day of Yoga (IDY-2025) Celebrated at Govt. Degree College Nobra, Leh-Ladakh.

Nobra, June 21, 2025: Government Degree College (GDC) Nobra celebrated the International Day of Yoga (IDY-2025) with great enthusiasm today at the College Campus. The event saw active participation from students, faculty members, and non-teaching staff, all coming together to embrace the spirit of yoga.

Principal Dr.Tsewang Mutup graced the occasion as the chief guest and emphasized the importance of incorporating yoga into daily life for holistic well-being. "Yoga is not just an exercise but a way of life that nurtures physical health, mental peace, and spiritual growth," the Principal remarked, inspiring attendees to make yoga a regular practice.

The yoga session, meticulously organized by the college, featured various asanas and breathing exercises. The event was conducted by Mohd Jawed (Physical Training Instructor), who guided participants through the vibrant yoga routines.

This celebration highlighted GDC Nobra's commitment to promoting health awareness and wellness among its academic community. The college looks forward to continuing this tradition in the coming years.



