

GDC Zanskar celebrates International Day of Sports for Development and Peace, World Health Day.

Kargil, April 07, 2025: Department of Physical Education and Sports celebrated the World Day of Sports for Development and Peace and World Health Day 2025 in the campus. The celebration saw the active participation of faculties and students of the college.

The celebrations comprised 200 m Race in both Mens's/Women's categories, Yoga Session, Walkathon and awareness programme. In 200 meter race men's Jigmet Akar of 4th Semester was adjudged first position where as Stanzin Phuntsok of 4th Semester and Chemat Namgyal of 6th Semester clinched the second and third positions respectively.

In women's race Stanzin Zomskit, 2nd Semester secured the first position. Stanzin Skalzang of 4th Semester got the second position while Rehana Batool 4th Semester bagged the third position.

A yoga session was also held in which staff and students of the college carried out different aasans and postures of yoga with enthusiasm. The session was moderated by Director Physical Education and Sports, Mustafa Ali.

The event culminated with an awareness session in which Dr Jamphel Shyan Assistant Professor of the college threw light on the importance of health.

Director Physical & Sports also shared his thoughts about importance of physical activities in day to day life. The session was moderate by Sajjad Hussain Assistant Professor.

The event ended with vote of thanks by Mustafa Ali, Director, Physical Education and Sports.

Mohd Ishaq, Principal also addressed the audience on the occasion and appreciated the enthusiasm and zeal of the students participation. The winning athletes were awarded with prizes and certificates.



