

Yoga Skill Department GDC Kargil Celebrates Yoga Week

Kargil, June 17, 2025 - The Skill Yoga Department of Government Degree College (GDC) Kargil, celebrated Yoga Week with a series of vibrant and meaningful activities aimed at promoting health, mindfulness, and the importance of yoga in daily life.

The week-long celebration, held at GDC Kargil from 15th June 2025, witnessed enthusiastic participation from students, faculty, and yoga practitioners across the region.

The celebration successfully conveyed the message that yoga is not just an exercise, but a way of life. Daily yoga sessions, breathing exercises, and meditation practices were conducted under the guidance of trained instructor Ms. Niharika Sharma from the Skill Yoga Department.

Informative talks and interactive sessions on the theme “Yoga for Wellness” were also held to raise awareness about the preventive and therapeutic benefits of yoga.



