



## OFFICE OF THE PRINCIPAL

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### NOTICE

**Subject:** Celebration of 12<sup>th</sup> International Day of Yoga (IDY)-2026

This is to inform all students, faculty members and staff that the institution will be celebrating the 12<sup>th</sup> International Day of Yoga (IDY)-2026 under the theme "Yoga for Healthy Ageing".

In pursuance of the directions from the Higher Education Department and the Chief Secretary's Office, J&K, the College has scheduled a series of activities over two days to ensure maximum participation and outreach.

#### Schedule of Activities:

##### A. Pre-Events – 20<sup>th</sup> June, 2026:

To build awareness and enthusiasm, the following activities will be organised on 20th June:

- **Competitions:** Essay Writing and Poster Making competitions.
- **Awareness Sessions:** Lectures and seminars on physical, mental, and emotional well-being.
- **Harit Yoga:** Activities promoting environmental consciousness aligned with the concept of Harit Yoga.


##### B. Main Event (Yoga Sangam) – 21<sup>st</sup> June, 2026:

- **Event:** Mass demonstration of the Common Yoga Protocol (as issued by the Ministry of Ayush, Government of India).
- **Mode: Hybrid Mode** – Participants can join physically at the College campus **OR** online from their respective homes via the live-streamed session. (The virtual meeting link will be shared shortly on the college website and official social media handles.)

#### Documentation & Reporting:

Photographic and videographic documentation of all events (both physical and virtual) will be maintained. A brief report shall be submitted to the Directorate by 22<sup>nd</sup> June, 2026.

All members of the College community are urged to participate enthusiastically—whether physically present or joining digitally—to make this event a grand success. Let's bend, stretch, and grow together!

  
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Nagrota