

THE ADMINISTRATION OF UNION TERRITORY OF LADAKH

GOVT DEGREE COLLEGE KARGIL

Dated : 21/06/2020

REPORT

Physical education department in collaboration with NSS wing of the college has celebrated 6th yoga Mahotsav. Amid covid- 19 pandemic all the activities were performed through online. Physical education Director Mr Murtaza Ali delivered lecture on yoga and its importance and also performed some yoga Asana. In his lecture he spoke at length about the importance of yoga and discussed various types of yoga. Hundred of students of the as well as the faculty of the college have participated. Students of affiliated colleges of Ladakh University have also participated. Students have shared videos performing yoga Asana.

An essay competition on the theme- yoga Pranayama to improve immunity in times of Corona virus was also conducted. Large no of students have participated in this competition. E-certificate was distributed among the students. In essay competition Ms Afsana Karim BG 5th Sem bagged 1st position, Mr Abass Ali 5th Sem bagged 2nd position and Mr Muzamil Mustafa BG 5th Sem bagged 3rd position.

