



Phone No: 0194-2429014

www.islamiacollege.edu.in

email id: principal@islamiacollege.edu.in

Islamia College of Science & Commerce

NAAC Re-Accredited Grade 'A'

UGC -Autonomous, Affiliated with University of Kashmir

Hawal, Srinagar, Jammu & Kashmir -190002



Islamia College holds Yoga Day Under G-20 Celebrations.

In the backdrop of G-20 celebration Yoga day was observed in Islamia College. Principal of the College, Professor (Dr.) Khursheed A. Khan in his brief address said that this year the theme for International Yoga Day 2023 is 'Vasudhaiva Kutumbakam,' meaning *One Earth, One Future, One Family*. Prof. Khan said that,



Yoga has remedies for every illness. Yoga brings peace of mind, inculcates self-discipline and ensures physical and mental wellness, the Principal added. Dr. Zahoor Ahmad Jath, chief coordinator of the Jan Bhagidari & G-20 events of the college expressed the importance of Yoga conducted in the campus. Dr. Mir Mohammad Haneef, NCC Officer of the College said that today, people worldwide are observing the 9th International Yoga Day. Prime Minister of the nation will spearhead the festivities at the United Nations (UN) headquarters. Notably, an estimated 250 million individuals are anticipated to participate in the event, centered around the theme 'Vasudhaiva Kutumbakam,' meaning *One Earth, One Future, One Family*. Dr. Hanif said that participating in the Yoga helps in improving physical strength and confidence and also has a positive and charming effect on the practitioners. Dr. Nusrat parveen NSS Officer Unit-3 expressed that students from across streams should adopt yoga, saying it is a symbol of world's unity. She added that Yoga has become a universal festival because of India's efforts adding that yoga is not just for any individual but for the entire humanity. Overwhelming response was seen by large number of students besides other faculty members of the college who took part in a collective yoga programme on the theme 'Vasudhaiv Kutumbukam Ke Liye Yoga' held at the Botanical Garden of the College.

Sd/-

Dr. Syed A. Untoo
Media Secretary
ICSC, Srinagar.

No.ICS/988/G-14

Dated:21-06-2023

Copy to: Editor Greater Kashmir, Kashmir Images, Rising Kashmir for kind publication in your esteemed newspapers as news item.