



Government Degree College Dooru
Anantnag J&K -192211

Affiliated with University of Kashmir Srinagar



No: DCD/24

Report/24

Date: 5/07/2024



International Yoga Day

Programme Type: International Yoga Day

Date: 21st June, 2024

Venue: GDC Dooru

Organisers: NSS

No of Students: 70

REPORT

Government Degree College Dooru celebrated International Yoga Day on June 21, 2024, with enthusiastic participation from both faculty members and students. The aim of the programme was to highlight the importance of physical and mental health, and to encourage youth, especially students to take active part in these activities. The theme of this years Yoga Day was "Yoga for Self and Society", which stresses the importance of yoga exercise for the society and personal wellbeing. Furthermore, the theme also emphasises the role of yoga exercise for the maintaining self-care and inner serenity. The programme was kickstarted by the worthy Principal Prof. (Dr.) Gh Hassan Thakur by addressed the gathering and highlighting the importance of yoga for physical and mental well-being. All the faculty members and students participated in the yoga exercise. Before the start of the yoga exercise, Mr. Aamir (Director, Physical Education) gave proper instruction about the performance of different yoga exercises. The event began with a session of yoga exercises led by Physical Education instructor. Three separate sessions were conducted by the instructor to allow all participants to take active part in different exercises of Yoga. The celebration concluded with a pledge to incorporate yoga into daily life for a healthier lifestyle.

NSS Officer

PRINCIPAL-
GOVT. DEGREE COLLEGE
DORU SHAHABAD



Government Degree College Dooru
Anantnag J&K -192211
Affiliated with University of Kashmir Srinagar



No: DCD/24

Date: 5/07
 15/06/2024



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PRINCIPAL
GOVT. DEGREE COLLEGE
DORU SHAHABAD

Government Degree College Dooru

Attendance of participants
International Yoga Day 21 June 2024

S. No.	Name	Designation	Signature
30.	IMRAN Amin	Lab. Room	[Signature]
31.	Pretzadale Masroor Alimul.	Accountant	[Signature]
32.	Dr. Arif Ahmad Wani	Asst. prof	[Signature]
33.	Dr. Altaj Ahmad wani	A.P	[Signature]
34.	Dr. Arif Nisar	A.P	[Signature]
35	Dr. Nisar Ahmad Bhal	A.A	[Signature]
36	Dr. Junaid Wani		[Signature]
37	Dr. Arif Gulzar	A.A.	[Signature]
38	Dr. Subhan	A.A	[Signature]
39.	Dr. Kamal Ali	A.A.	[Signature]
40.	ARSHAD MAJID RAHMAN	A.P	[Signature]
41	Dr. Asif Ali Wani	A.A	[Signature]
42.	RIKAS AL.	DEO	[Signature]
43.	Usman Dhat	MTA	[Signature]

Government Degree College Dooru

Attendance of participants
International Yoga Day 21 June 2024

S. No.	Name	Designation	Signature
1	Peer Iqbal Rashid	Associate Prof.	
2	Dr. Maqbool Yaqub Alimud	Assistant Prof.	
3	Dr. Umair Rashid Zafar	AP	
4	Dr. Javed Shafiq	Associate Prof.	
5	Dr. Salim Ali	A. Prof.	
6	Dr. Sajad Ahmad Sami	AP.	
7	Tauqeer Hussain Shah	Lab Asst	
8	Aroza Akhter	Lib Asst	
9	Muhammad Ahmad	Lab Asst	
10	Mohd. Zahid Raza	Lab Asst	
11	Reza Akhter	Lab. Asst.	
12	Bilal Akhter Bhat	Asst. Prof.	
13	Masarat Nizam	Asst. Prof.	
14	Dr. Sadia Ali Nani	Asst. Prof.	
15	Shabir M. Qadir	- do -	
16	Ashraf Hussain Shah	- do -	
17	Muhammad Ali Khan	LFE	
18	Amir Majeed	DTI	
19	Bilal Akhter Bhat	LFE	
20	Mohammed Husein Gani	Lab. Asst.	
21	Dawood Salam	Library Asst	
22	Farooq Ahmad Badi	LFE	
23	Abdul Rehman Razi	L-F-E	
24	Dr. Mudassar Gani	A.A.	
25	Ajmal	LAA	
26	Sentri Ahmad Jaffer	C.F.E.	
27	Tahira Akhter	orderly	
28	Tehzeeb Raza	Lab. Asst.	
29	Bilal Akhter Bhat	L-F-E	

Government Degree College Dooru

Attendance of participants
International Yoga Day 21 June 2024

S. No.	Name	Sem. & Roll No.	Signature
01	Azeel Ahmad Khan	6 th 232	[Signature]
02	Ishrat Hussain Khan	2 nd 24	[Signature]
03	Wahid Janjoo	4 th	[Signature]
04	Aziz ul - Haq	4 th (385)	[Signature]
05	Tan Omar	4 th (806)	[Signature]
06	Sagheer Ali Durrani	4 th (83)	[Signature]
07	Razaab Showkat Doo	2 nd (165)	[Signature]
08	Anjumana Bashir	6 th (819)	[Signature]
09	Zahid Ali Pechoo	6 th (165)	[Signature]
10	Muhamad - Haq	2 nd (24)	[Signature]
11	Noor Majid	4 th Sem	[Signature]
12	Zabangir Mustafa	6 th Sem	[Signature]
13	Aziz Khan	4 th Sem	[Signature]
14	Munir Ali Ayub	2 nd Sem	[Signature]
15	Sahib Muhammad	4 th	[Signature]
16	Tausha Rashid	4 th	[Signature]
17	Anjumana Bashir	4 th	[Signature]
18	Basit Raza	2 nd 251	[Signature]
19	Khalid Amir	6 th 524	[Signature]
20	Samiq Anwar	6 th 552	[Signature]
21	Munir Mahmood	6 th 523	[Signature]
22	Razaq Ayub Qureshi	6 th 629	[Signature]
23	Firdous Ahmad Khan	6 th -	[Signature]
24	Munir ul - Bashir	6 th 561	[Signature]
25	Kashif ul - Haq	6 th 582	[Signature]
26	Razaq - Sala	6 th 593	[Signature]
27	Waseem Ali Khan	2 nd 249	[Signature]
28	Razaq Ali Khan	2 nd 544	[Signature]
29	Zafar Ali Khan	4 th 263	[Signature]

Government Degree College Dooru

Attendance of participants
International Yoga Day 21 June 2024

S. No.	Name	Sem. & Roll No.	Signature
30	Burhan Maqbool	4th	
31	Wajid Nazir	2nd	
32	Raja Sabir Wami	4th	Sabit.
33	Saba Mushtaq	6th	Saba
34	Khushboo Jan	6th	Kh
35	Mubeena Jan	6th	Mn
36	Khan Sabir	6th	Kh
37	Ragab Ah. Dar	6th	Rag
38	Yasra Ah. Malik	6th	Yas
39	Muneer Fani	6th	Muneer
40	Muzaf - ul - Haq	2nd	Muzaf
41	Dawood Bhal	2nd	Dawood
42	Ashid Atami	2nd	Ashid
43	Talib - Hussain	3rd	Talib
44	Amayd	2nd	Amayd
45	Danish - Ahangar	4th	Danish
46	Bilal Ah. Bhal	2nd	Bilal
47	Arshi - Same	4th	Arshi
48	Sajid - Mushtaq	2nd	Sajid
49	Patheer Iqbal	4th	Patheer
50	Jasir Al. Dar	6th	Jasir
51	Huzna Nazim	2nd	Huzna
52	Fatma Nihal	2nd	Fatma
53	Bilal Shaker	3rd	Bilal
54	Shabeena MS2	4th	Shabeena
55	Rahim Gul	5th	Rahim
56	Rushna Danish	6th	Rushna
57	Danish Gaur	2nd	Danish
58	Umar Raza	3rd	Umar

Government Degree College Dooru Anantnag J&K-192211

Attendance International Yoga Day 21 June 2024

Sr No	Name	Sem/Roll No	Sign
1	DANISHRANID FAYAZ	4th - 593	Danish
2	Syed Apag Amiri	4th - 568	Apag
3	Peer Ayub	5th - 444	Ayub
4	Muneeb Ahmad	3rd - 261	Muneeb
5	Mutakhir Manzoor	4th - 391	Mutakhir
6	Danish Bashir Zargar	4th - 373	Danish
7	Khalid Rayaz	4th - 578	Khalid
8	Asma Nafid	4th - 609	Asma
9	Hung Javaid	4th - 621	Hung
10	Sulfi Jari	4th - 620	Sulfi
11	Musharraf Ayub	4th - 567	Musharraf
12	Shahid Musharraf	4th - 565	Shahid
13	Raja Sahil Wani	4th - 493	Sahil
14	Nadeem Nisar	4th - 590	Nadeem
15	Zaeshan Younis	4th - 901	Zaeshan
16	Wasim Ah Malik	4th - 291	Wasim
17	Azhar Ashiq Bhat	4th - 578	Azhar
18	Azizur Rahman Bashir	4th - 808	Azizur
19	Shakeel Ah Anwar	4th - 420	Shakeel
20	Wahed Ah Anwar	4th - 421	Wahed
21	Mukled Ah Ganie	4th - 413	Mukled
22	Mudasir Magbool	4th - 613	Mudasir
23	Tawseef Anwar	4th - 619	Tawseef
24	Zeenat Younis Khan	4th - 6423	Zeenat
25	Sahar Khan	4th - 412	Sahar
26	Muqled Manzoor	4th - 589	Muqled
27	Jahangeer Ah Bhat	4th - 552	Jahangeer
28	Danish Mantoo	4th - 640	Danish
29	Masrur Ahmad	4th - 642	Masrur
30	Rameez Manzoor	4th - 643	Rameez
31	Shah Faisal Khan	4th - 327	Faisal
32	Muntazir Manzoor	4th - 588	Muntazir
33	Ishfaq Ah Tantray	4th - 409	Ishfaq
34	Nafis Niyaz Malik	4th - 372	Nafis
35	Ridwana Javaid	4th - 407	Ridwana

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Sr No	Name	Sem/Roll No	Sign
1	Aadil Rasheed	4th	Aadil Rasheed
2	Yasir Rasheed	4th	Yasir
3	Mrs Asrar Shaukat	4th	Mrs Asrar
4	Hilal Ali Bhat	4th	Hilal Ali
5	Furaid Ahmad	4th	Furaid
6	Umair Ali-Lone	4th	Umair Ali
7	Mohsin Hassan	4th	Mohsin
8	Owais Manzoor	4th	Owais
9	Hilal Ali Dar	4th	Hilal
10	Zahid Hussain Malik	4th	Zahid
11	Mrs Ramez Raja	4th	Rameez
12	Arif Shafi	4th	Arif
13	Yasir Rasheed	4th	Yasir
14	Shahid Ali Wani	4th	Shahid
15	Aamir Sultan	4th	Aamir
16	Mohsin Sajad	4th	Mohsin
17	Hazik Nazir	4th	Hazik
18	Muhammad Hassan	4th	Muhammad
19	Osaid Ali Shah	4th	OS AID
20	Zakir Hussain	4th	Zakir
21	Saqib Ali Darzi	4th	Saqib Ali
22	Arif Hassan	4th	Arif Hassan
23	Imran Khan	4th	Imran Khan
24	Wajid Ali Khan	4th	Wajid Ali
25	Danish Ayub Mir	4th	Danish Ayub
26	Haris Mohiud Din	4th	Haris Mohiud
27	Saqib Mushtaq	4th	Saqib Mushtaq
28	Imtiyaz Ali Pacheco	4th	Imtiyaz Ali
29	Burhan Maqbool	4th	Burhan Maqbool
30	Suhail Farooq	4th	Suhail Farooq
31	Shameer Ali Qasbi	4th	Shameer Ali
32	Irfan Nazir	4th	Irfan Nazir
33	Shahid Ayub	4th	Shahid Ayub
34	Faisal Ali Sheikh	4th	Faisal
35	Taskiran Ali Shah	4th	Taskiran