

News

International Yoga Day Observed at HGDC

21.06.2025

As per the notification of the Dean CD, University of Allahabad International Yoga Day (IYD) was observed on 21.06.2025. A training session was held from 7:30-8:30am in the College premises. Yoga trainer Ms. Kahkashan highlighted the benefits of Yoga for the general wellbeing and trained faculty and students. Faculty members and students participated with great enthusiasm. The trainer, Ms. Kahkashan gave live demonstration of Suryaasan, Taadasan, Tiriakasan, Vrikshasan, Padouttanasan, Butterfly, Vrajasan, Mandukasan, camel pose, cat & cow and cobra pose. She also demonstrated the neck movement to control spondylosis. Further students also practiced Anulom Vilom, Kapal Bharti and Bramri. She motivated the students to be regular with the practice sessions and ensure a healthy lifestyle for themselves.

Earlier, Prof Naseha Usmani welcomed the guests and encouraged the students to practice Yoga on a regular basis and make it a daily routine. NSS Liason officer Prof. Sabiha Azmi highlighted the benefits of Yoga and motivated the students to adopt yoga as a way of life. NSS Programme officer, Dr. Shabana Aziz was also present and actively participated in the session. Dr. Zareena Begum, Asso. Prof. Dept of Urdu, Dr. Nuzhat Fatima, Dept of History and Ms. Tasleem Dept of B.Voc (ST) actively participated in the session. The session was attended by UG, PG students Research Scholars and NSS Volunteers.



Yoga training session in progress. Principal Prof. Naseha Usmani, NSS Liason officer Prof. Sabiha Azmi, NSS Programme officer Dr. Shabana Aziz & faculty members Dr. Zareena Begum & Dr. Nuzhat Fatima practicing Yoga along with students under the guidance of Yoga trainer Ms. Kahkashan.