



JLN Govt. College Haripur (Manali)

College Activity

Sr. No.	Particular	Remarks
1	Date	21/06/2025
2	Name of Activity	International Yoga Day 2025
3	Name of Unit/Agency/Department Organizing the Activity	NCC
4	Name of Collaborating Agency (If Any)	NA
5	No. of Student Participants	54
6	No. of Teacher Participants	14
7	Brief Report	<p>The NCC cadets of JLN Govt. College Haripur enthusiastically celebrated the International Day of Yoga on 21st June 2025 in the college campus. The event commenced at 10:00 AM with the participation of both Senior Division (SD) and Senior Wing (SW) cadets under the guidance of CTO Virochan Thakur.</p> <p>The session began with a brief address on the importance of yoga in maintaining physical and mental well-being, aligning with this year's theme "Yoga for Self and Society." The cadets performed various asanas, pranayama, and meditation practices as per the Common Yoga Protocol (CYP) issued by the Ministry of AYUSH.</p> <p>Over 50 NCC cadets actively took part in the event, demonstrating discipline, unity, and commitment towards healthy living. The yoga session lasted for about 45 minutes, followed by a group discussion on incorporating yoga in daily routine.</p> <p>The Principal, Dr. Shefali, appreciated the efforts of the NCC Unit in organizing the event and encouraged the students to adopt yoga as a regular practice. The event concluded with the national anthem and a group photo to mark the occasion.</p>

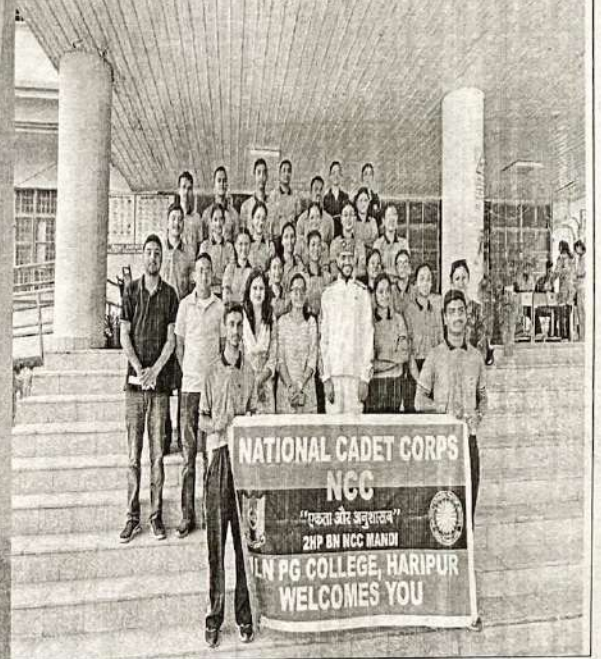
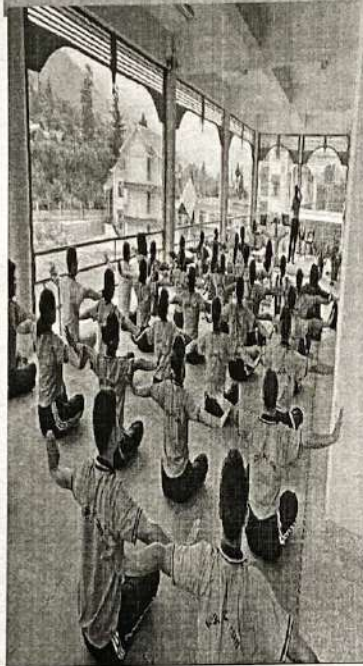
Notice

21 June 2025

International Day of Yoga 2025

NCC unit of JLN Govt. College Haripur (Manali) organizing International Day of Yoga 2025 on 21 June 2025 at 12:00 PM in the Seminar Hall of the College. All the Teachers & Non Teaching staff including students are invited to attend the same and participate.

[Signature]
Principal
JLN Govt. College Haripur (Manali)
JLN NCC HARIPUR, MANALI



[Signature]
Coordinator
NCC

[Signature]
Coordinator
IQAC
JLN GC Haripur (Manali)

[Signature]
Principal
JLN Govt. College Haripur (Manali)
JLN Govt. College Haripur (Manali)
21.6.25