

N. C. C. & N. S. S.
Hindu Kanya Mahavidyalaya, Jind
Event: Yoga Session and Tree Plantation
12th June, 2025

The N. C. C. wing and N. S. S. unit of Hindu Kanya Mahavidyalaya, Jind successfully organized a Yoga Session to celebrate International Yoga Day on 12th June, 2025. The event brought together N. C. C. cadets, N. S. S. volunteers, staff members (teaching and non-teaching) and people from the local community. The main objective of organizing this event was to promote yoga and wellness among the masses. The students of the college actively participated in the event demonstrating their commitment towards community service and welfare. Principal of the college, Dr. Poonam Mor, while appreciating the efforts of the organizers and participants said that practicing yoga reduces stress and anxiety and increases attention, concentration and self-awareness. Apart from this, Yoga Promoter Neelam Saini ji came to the college from Panipat and told all the present members about how to take care of their health and diet. In this connection, a tree plantation program was also organized in the college. Today when everyone needs to take a pledge to plant trees to make the earth green and save lives, all the present employees planted trees for that purpose. On this occasion the principal of the college Dr. Poonam Mor ji said that, many types of serious diseases are increasing around us due to environmental pollution, this has to be taken seriously and every person has to take a pledge to plant trees in public interest and national interest. On this occasion, Assistant Professor Dr. Keauty, Mrs. Sunita, Mrs. Ritu was especially present. All the members took full advantage of all these activities. On this occasion, 20 staff members and 60 students were present.

Glimpses and Media Coverage of the Event

