

**N. S. S. & N. C. C.**  
**Hindu Kanya Mahavidyalaya, Jind**  
**Event: Yoga Session and Tree Plantation**  
**6<sup>th</sup> June, 2025**

A yoga session was successfully organized to celebrate International Yoga Day on June 6<sup>th</sup>, 2025 at Hindu Kanya Mahavidyalaya, Jind. The event brought together students, staff members and members of the local community. The main objective of organizing this event was to promote yoga and wellness among the participants. The students of the National Cadet Corps and National Service Scheme of the college actively participated in the programme demonstrating their commitment towards community service and welfare. Dr. Poonam Mor, Principal of the college appreciated the efforts of the organizers and participants and said that practicing yoga reduces stress, anxiety and enhances focus, concentration and self-awareness. In this episode, a tree plantation program was also organized in the college. The Principal said that everyone needs to take a pledge to plant trees to make the earth green and save lives. Every person should plant more and more trees around him. Many types of serious diseases are increasing due to contamination of the environment. It has to be understood seriously and every person will have to take a pledge to plant trees in public interest and in the interest of the country. Assistant Professors Mrs. Neelam and Mrs. Meena was especially present on the occasion.

## Glimpses and Media Coverage of the Event

