



**NATIONAL SERVICE SCHEME**  
**GOVERNMENT COLLEGE SANJAULI, SHIMLA-06,**  
**H.P.**



## ACTIVITY REPORT

|                            |                                                                                                |
|----------------------------|------------------------------------------------------------------------------------------------|
| <b>Activity Name</b>       | International Yoga Day Celebration – “Beyond the Mat”                                          |
| <b>Date</b>                | 20 June 2026 to 21 June 2026 (2-Day Campaign)                                                  |
| <b>Time</b>                | As per activity schedule                                                                       |
| <b>Venue</b>               | GC Sanjauli Campus (Yoga Sessions); Off-Campus / Online (Poster Making, Drawing, Reels & Quiz) |
| <b>Unit</b>                | Boys' Unit & Girls' Unit                                                                       |
| <b>No. of Participants</b> | 19 (Boys: 7, Girls: 12)                                                                        |

### **Description of Activity:**

NSS volunteers of GC Sanjauli celebrated International Yoga Day through a 2-day campaign featuring yoga sessions held on campus, along with poster making, drawings, reels, and an online quiz conducted off-campus. The initiative promoted wellness, creativity, and knowledge, reflecting the spirit of “Yoga for Self and Society.”

## GLIMPSES OF THE ACTIVITY



Source: DainikJagran