

# **Tree Plantation Drive and Yoga Session**

**Date-6 June 2025**

In compliance with the Directorate of Higher Education, Haryana, vide Memo No. 9/115-2023 Co.(3) dated 03.06.2025, the Govt. College sec-9 observed the 11th International Day of Yoga on 6th June 2025, from 7:00 AM to 8:00 AM. A vibrant Yoga Session was organized on the basketball ground of Govt. College sector 9 Gurugram, led by Ms. Rekha Yadav, Yoga Instructor, and assisted by Ms. Anju, Yoga Sahayak. The session witnessed enthusiastic participation from a large number of NSS volunteers, who performed various asanas, breathing techniques, and meditation exercises aimed at promoting physical and mental well-being.

The activity was held in the presence of Dr. Harish Kumar, NSS Programme Officer, Dr. Monika Sehrawat, NSS Programme Officer (Girls) and Dr. Satish Yadav, NCC ANO, who encouraged the students and highlighted the importance of integrating yoga into daily life for a healthy and balanced lifestyle.

Immediately after the yoga session, a Plantation Drive was conducted around the basketball ground and adjoining areas. Volunteers planted saplings and pledged to take responsibility for their growth and upkeep, reinforcing the message of environmental stewardship.

These two consecutive events served as a reminder of our dual responsibility: to nurture our inner self through practices like yoga and to care for our external environment through actions like plantation.





