

Report on Celebration of International Yoga Day – 21st June 2025

Government College, Jind celebrated International Yoga Day on June 21, 2025, in accordance with the instructions issued by the Directorate General of Higher Education (DGHE), Haryana vide Memo No. 9/115-2023 Co.(3) dated Panchkula, 17.06.2025. The event was successfully conducted on the College campus as well as at the District-level celebration organized at Chaudhary Ranbir Singh University (CRSU), Jind.

At the District-level function held at CRSU, the college ensured enthusiastic participation with 90 staff members and 300 students joining the mass yoga demonstration. This participation was in compliance with the directive issued by the Office of the Additional Deputy Commissioner (ADC), Jind, vide letter No. 2094-2125 dated 17.06.2025. The event featured a guided yoga session under certified instructors, focusing on fundamental asanas and pranayama techniques promoting physical health and mental well-being.

Simultaneously, a College-level yoga session was also organized on campus in which 10 staff members took part with great enthusiasm. All participants practiced yoga with dedication, reflecting the spirit of the day and recognizing its importance in promoting a healthy lifestyle.

Yoga, a mind-body practice with ancient Indian roots, has emerged as a powerful non-pharmacological intervention to improve overall health. In light of current demographic transitions and the rising burden of chronic diseases, yoga is increasingly recognized for its potential to enhance functional independence, prevent frailty, manage chronic conditions, and foster psychological well-being.

All participants in both sessions engaged in the event with great pleasure and commitment. The celebration concluded with a collective pledge to incorporate yoga into daily life for sustained health and wellness.







Nodal Officer for IYD 2025
Dr. Satish Kumar

List of Regular teaching staff				
Sr. No.	Name (Dr., Sh., Smt., Miss)	Department	remarks	Signature
1	Satyawan Malik	Principal		
2	Savita Poonia	English	Deputation	
3	Jyoti Sheoran	English		
4	Vishal Redhu	English		
5	Narender Kumar	Hindi		
6	Sunita	Hindi		
7	Sandeep Kumar	Sanskrit		
8	Laabh Singh	Commerce		
9	Munish Kumar	Commerce		
10	Pankaj Batra	Commerce		
11	Yashwanti	Commerce		
12	Gourav Bansal	Commerce		
13	Sonu Sihag	Commerce		
14	Aman	Commerce		
15	Kamaljeet Singh	Physics		
16	Mukesh	Physics		
17	Narender Kumar	Physics		
18	Nisha Pruthi	Chemistry		
19	Pushpa Dhanda	Chemistry		
20	Reetu	Chemistry		
21	Shiv Kumar	Mass Comm		
22	Manoj siwach	Economics		
23	Monika	Economics		
24	Raj Kamal	Mathematics		
25	Mukesh kumari	Mathematics		
26	Bhagwan Dass	Mathematics		
27	Poonam	Mathematics		
28	Krishan Kundu	Geography		
29	Ravi Garg	Geography		
30	Vikram Singh	Geography		
31	Seema Rani	Comp. Sci.		
32	Suman	Comp. Sci.		

33	Pushpa Rani	Comp. Sci.	Pun	Par
34	Anjana Dhawan	Comp. Sci.		
35	Anu	Comp. Sci.		Anu
36	Monika Singla	Comp.Sci.	Deputation	
37	Randhir Singh	Phy.Edu.		
38	Satish Kumar	Phy.Edu.		
39	Bhoop Singh	Sociology		
40	Prem poonam	Psychology		
41	Manjeet	Psychology		
42	Yudhvir	Pub. Adm.		
43	Jyoti	Commerce		

List of Ext. Lect.

Sr. No.	Name (Dr., Sh., Smt., Miss)	Department	Signature	
1	Naveen	Commerce	Naveen	
2	Sharmila	Commerce		
3	Ahupender	Commerce	P3	
4	Sushila Devi	Commerce		
5	Meena	Commerce	M	
6	Priti	Commerce		
7	Usha	Commerce		
8	Renu	Commerce	Renu	Renu
9	Varun	Geography	Varun	
10	Poonam	Geography		
11	Reena Malik	Geography	Reena Malik	
12	Savita	Botany	Savita	
13	Satparkash	Botany	Satparkash	
14	Poonam	Bio-Tech	Poonam	
15	Virender Kumar	Bio-Tech	Virender Kumar	
16	Ajay Singh	Mathematics	Ajay Singh	
17	Gurdeep	Mathematics	Gurdeep	
18	Mannu Arya	Mathematics	Mannu Arya	
19	Reena devi	Mathematics	Reena	Reena
20	Nutan Devi	Economics	Nutan	Nutan
21	Sunita	Economics	Sunita	
22	Jyoti	Economics	Jyoti	
23	Deepika	Economics	Deepika	
24	Manjeet Singh	sociology	Manjeet Singh	
25	Ved Parkash	English	Ved Parkash	
26	Savita Rani	Chemistry	Savita	
27	Suman Rani	Chemistry	Suman	Suman
28	Monika	Chemistry	Monika	Monika
29	Peenam	Chemistry	Peenam	Peenam
30	Sushma	Chemistry		
31	Ram kumar	history	Ram kumar	Ram kumar
32	Sunil jajan	history	Sunil jajan	
33	Komal Duhari	Zoology		
34	Nitu	Zoology	Nitu	Nitu
35	Anjali	Zoology		
36	Hargian	Hindi	Hargian	Hargian
37	Satish Kumar	Hindi	Satish Kumar	Satish Kumar
38	Sheela Dahiya	Hindi	Sheela Dahiya	Sheela Dahiya

39	Mamta	Hindi	Mamta	Mamta
40	Kiran Bala	Hindi	Kiran Bala	
41	Ashish Kumar	Physics	Ashish	
42	Yashpal	Physics	Yashpal	
43	Rachna	Physics	Rachna	
44	Reena	Physics	Reena	
45	Balkrishna	Physics		
46	Renu Jhakar	Physics		

Sr. No.	Name (Dr., Sh., Smt., Miss)	Department		
47	Manoj Chahal	Comp. Sci.		
48	Kamlesh	Comp. Sci.	Kamlesh	Kamlesh
49	Poonam	Comp. Sci.	Poonam	Poonam
50	Jyoti Goel	Comp. Sci.	Jyoti	Jyoti
51	Sharmila Devi	Comp. Sci.	Sharmila	Sharmila
52	Vijay Vir	Pub. Admn.	Vijay	Vijay
53	Krishan Sheokand	Phy. Edu		
54	Vijay Pal	Philosophy		
55	Sushila Rani	Pol. Sci.	Sushila	Sushila
56	Monika Jaglan	Chemistry	Monika	
57	Seema Redhu	Chemistry	Seema	
58	Renu Devi	Chemistry	Renu	
59	Ankit	Chemistry	Ankit	
60	Reena Rani	Mathematics	Reena	
61	Ritu Rani	Geography	Ritu	
62	Chanchal	Zoology	Chanchal	Chanchal
63	Promila	Hindi		
64	Rahul	Psychology		
65	Anil Kumari	Mathematics	Anil Kumari	Anil Kumari
66	Santosh	English	Santosh	
67	Narender	English		
68	Neeru (Guest Faculty)	Mathematics	Neeru	Neeru

List Of Non-Teaching

Sr. No.	Name (Dr., Sh., Smt., Miss)	Designation	Mobile No.	Remarks	
1.	Ms. Sunita Saini	<u>Dy Supt.</u>			
2	Mrs. Deepa	<u>Assistant</u>	9034303198		
3	Sh. Mohit	<u>clerk</u>	8396807624		
4	Ms. Soni	<u>clerk</u>	9991197400		
5	Ms. Nisha rani	Clerk	9671644118		
6	Mrs. Monika	Clerk	9253022106		
7	Sh. Rajbir	JLA	9416653182		
8	Dr. Babli Rani	JLA	9466442777		
9	Sh. Sunil kumar	Jr. Librarian	8168479155		
10	Mrs. Usha rani	Jr. Librarian	8607320066	Usha	
11	Mrs. Ritu Rani	Lab. Att	7988279536		
	Group D				
12	Smt. Saroj	Peon	9992317057		
13	Sh. Kapil	Peon	9896094391		
14	Ms. Reshma	Peon	8168646503		
15	Ms. Pooja	Peon	989686452		

			6		
16	Sh. Rinku	Peon	830783518 2	Rinku	
17	Sh. Bittu	Lib. Att.	770007717 2	Bittu	
18	Ms. Pooja	Lib. Att.	868303108 1		
19	<u>Mrs Neelam Redhu</u>	Lib Att	749489581 0	N. Redhu	
	<u>PART -II</u>				
20	Mrs. Sonu	Steno Typist	860737602 0		
21	Sh. Dinesh Kumar	Lab.Att	946674743 3	Dinesh	
22	Sh.Amandeep	Lab.Att	941650442 5		
23	Mrs. Kusum Rani	Lab.Att	735724120 9		
24	Mrs.Seema Goyal	Lib. Att.	941613444 2		
25	Mrs. Poonam	Restorer	798810815 5		
26	Mrs. Ritu Rani	Restorer	981277388 9	Ritu Rani	
27	Sh. Vijay Goyal	Comp.Inst.	946601245 0		
28	Mrs. Monika	Comp.Lab.Att	941607286 6		
	<u>HKRN</u>				
29	Sh. Hariom	Chowkidar	9354598537	Hariom	
30	Sh. Pawan	Mali	981302809 2	Pawan	
31	Sh. Sunny	Sweeper	972923002 3	Sunny	
32	SH. Vishal	Sweeper	989640965		

			1		
33	Sh.Ashok	Sweeper	999285862 6		Ashok
34	Sh. Rajender	Sweeper	893077486 4		
35	SH. Somblir	Chowkidar	989655715 1		
36	Sh. Virender	Chowkidar	989685101 0		
37	Smt.Krishana	Sweeper	930634991 5		

Government College, Jind

Attendance sheet

Date: 21/06/2025

Meeting regarding: International Yoga day

Sr. No.	Name	Designation	Signature
1.	राजेश	पीएन	राजेश
2.	Kushana	sweeper	Kushana
3.	Monika	Clerk	Monika
4.	Soni	ceer	Soni
5.	MONIKA	C.A	Monika
6.	Pooja	Peon	Pooja
7.	Vinod	chowkidar	Vinod
8.	VISHAL Kumar	Sweeper	Vishal
9.	AJAY DHULL		Ajay
10.	राजेश	Sweeper	राजेश
11.	सतनारा मों		सतनारा मों
12.	Chirag		Chirag
13.	Sabhi		Sabhi
14.	SATISH KUMAR	Asstt Prof	Satish
15.	Hardik		Hardik

21/6/2025