



GOVERNMENT COLLEGE OF EDUCATION

Institute of Advanced Studies in Education

CLUSTER UNIVERSITY, SRINAGAR

Maulana Azad Road Srinagar (J&K)

(NAAC RE-ACCREDITED GRADE "A" (CGPA 3.24))

Email: gcoe.sgr@gmail.com / [http:// www.gcoekmr.edu.in](http://www.gcoekmr.edu.in)



REPORT

AATMANIRBHAR BHARAT PLEDGE AND YOGA SESSION AS PART OF THE SARDAR @150 CELEBRATIONS

As a part of Celebration of 150th Birth Anniversary of Sardar Vallabhbhai Patel, the NSS Units of the college in collaboration with the Department of History and Department of Physical Education organised a pledge ceremony followed by a Yoga and wellness session on 27-10-2025.

1. AATMANIRBHAR BHARAT PLEDGE

The event commenced with the Aatmanirbhar Bharat Pledge, aimed at inspiring students and faculty members to contribute towards building a self-reliant India in line with the vision of national development. The session began with an introduction about the significance of self-reliance as envisioned by the Hon'ble Prime Minister and its relevance to the ideals of Sardar Vallabhbhai Patel. The pledge was first administered in English by Miss Birjees (B.Ed 1st semester) followed by its Hindi version being done by Mr Puran Bakshi (B.Ed 2nd semester). Participants collectively took the pledge, affirming their commitment to promote local products, self-sufficiency, and responsible citizenship. The pledge ceremony was attended by a large number of NSS volunteers, students, and faculty members. The atmosphere was filled with enthusiasm and patriotic spirit. The event concluded with expressions of gratitude from the organizers and a resolve to integrate the ideals of Aatmanirbhar Bharat into everyday life.

2. YOGA SESSION

Following the pledge, a Yoga Session was conducted to promote physical and mental well-being among students and staff. The session began with a brief introduction to the importance of yoga in maintaining a healthy lifestyle, especially for students facing academic and social stress. The session was led by Ms Daljeet Kaur (APTI) and Mr. Puran Bakshi (B.Ed 2nd semester), who demonstrated various asanas and breathing exercises, focusing on flexibility, mindfulness, and relaxation techniques. Participants enthusiastically performed yoga postures under the proper guidance. The activity aimed to spread awareness about yoga as a sustainable practice for health and harmony, in alignment with the holistic development principles advocated by Sardar Vallabhbhai Patel. The event concluded with a short meditation session and feedback from participants, who appreciated the initiative and expressed willingness to continue yoga practice in their daily routines.

Both activities—Aatmanirbhar Bharat Pledge and Yoga Session—successfully met their objectives of instilling self-reliance and promoting holistic well-being among participants. The NSS Units, along with the Department of Physical Education, played a commendable role in organizing and coordinating the events. The day reflected the spirit of unity, discipline, and national pride in the true legacy of Sardar Vallabhbhai Patel.

Sd/-
NSS Prog. Officers
(Unit I & II)

Sd/-
Prof. (Dr.) Seema Naz
Principal

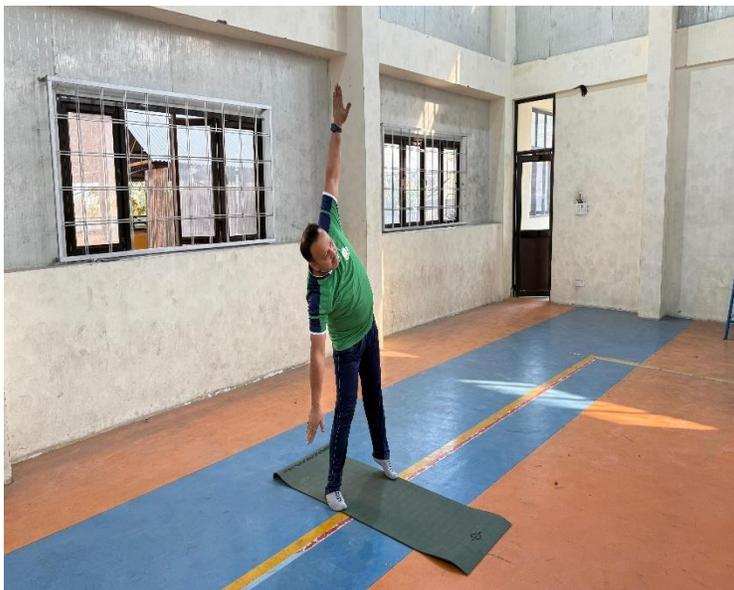
No:- GCOE/IASE/25/2384

Dated: 30-10-2025

PHOTOGRAPHS



PHOTOGRAPHS



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NATIONAL SERVICE SCHEME (NSS)

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Attendance Sheet

Programme/Event/ Activity Yoga Session, As a part of
celebration of Sardar Patel @150 Dated 27-10-2025

S.NO.	Name of the Participant	Roll No	Course/ Semester	Signature
01	Iqra	01	B.ed (1st sem)	Iqra
02	Deeba	09	B.ed (1st sem)	Deeba
03	Syed usaj	03	"	Syed usaj
04	Madaha	48	B.ed 1st sem	Madaha
05	Berjees	24	"	Berjees
06	Asa	25	"	Asa
07	Aroosa	23	"	Aroosa
08	Sadaf Jaxi	10	"	Sadaf Jaxi
09	Tahseena Riyaz	21	"	Tahseena Riyaz
10	Mehruul-nisa	20	"	Mehruul-nisa
11	Saima Riyaz	28	B.Ed. 1st sem	Saima
12	Mehruul-nisa	8	B.Ed. 1st sem	Mehruul-nisa
13	Insha	51	B.Ed. 1st sem	Insha
14	Mantasha	34	"	Mantasha
15	Anjeesha	32	"	Anjeesha
16	Berjees	30	"	Berjees
17	Aiman	22	"	Aiman
18	Bisma Rafiq	15	1st M.A	Bisma Rafiq
19	Humaira	03	1st M.A	Humaira

NSS Officers

Principal

