

**OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE
UDHAMPUR**

Press Release

4th International Yoga Day celebrated at GDC Udhampur

21-06-2018: 4th International Yoga Day was celebrated today at Govt. Degree College, Udhampur in the College Vatika from 1900-1940 hrs, where a total number of 168 NCC/NSS Cadets from GDC Udhampur, GCW Udhampur, GHSS Boys & Girls, APS T. Morh, APS Dhar Road, KV No. 1, GHSSS Garnai, GHSS Tikri participated along with their respected ANO's/ caretakers and PTI's. Prof (Dr). S.K. Magotra, Principal Govt. Degree College Udhampur graced the occasion as the Chief Guest and was welcomed with bouquet presentation. He addressed the gathering in his speech where he said, "Yoga is an invaluable gift of India's ancient traditions. It embodies unity of mind, body and soul, and cadets being young and energetic should make it a part of their daily routine for a holistic approach towards health and well being". Dr. Udhey Bhanu, HoD Mathematics, Prof. Romesh Kumar Atri, Prof Kamal Kishore, Venue Incharge, Prof. Samosh Kumar, Dr. Anita Sharma, Prof. Kamaldeep Kaur, Capt. Arunesh, were also present. Mr. Rajesh Vohra and Ms. Ekta from APS, Udhampur were the Yoga Instructor for the day.

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