



**GOVERNMENT DEGREE
COLLEGE
THEOG, SHIMLA-171201
HIMACHAL PRADESH**

Date:21-06-22

INTERNATIONAL YOGA DAY

“YOGA FOR HUMANITY”



The International Yoga Day was celebrated with great enthusiasm and zest by the NCC cadets of GDC Theog. The mainspring for the day was to disseminate consciousness about the benefits of Yoga guided by the theme of 'Yoga for Humanity' and to further popularise the disciplined art form.

The cadets laid out different stretching exercises, few asanas and ended it up with breathing exercises to spread awareness about the importance and effects of

yoga on the health of people in order to maintain physical and mental well being.

