



# NCC Unit Government Degree College Theog, Distt. Shimla



Report on International Yoga Day Celebration

Date: 21 June 2025

On 21 June 2025, the college celebrated International Yoga Day in the college premises. The program was organized by the Department of Physical Education, and NCC cadets, NSS volunteers, and students actively participated.



Before the session began, the Principal addressed the students and shared the importance of yoga in daily life. The yoga session was conducted under the guidance of NCC cadets Riya Chauhan and Deepika Bhandari, who demonstrated various yoga postures and breathing exercises.

C.T.O  
GDC Theog

Principal  
GDC Theog

