



# NCC Unit Government Degree College Theog, Distt. Shimla



## Yoga Day Celebration by NCC Unit of GDC Theog

**Date: June 21, 2024**

The NCC unit of Government Degree College (GDC) Theog celebrated International Yoga Day on June 21, 2024, with great enthusiasm. The event focused on promoting health and wellness through yoga.

NCC cadets, along with students and faculty members, participated in a guided yoga session. Various asanas and breathing exercises were performed under the supervision of an experienced instructor. The session emphasized the benefits of yoga for physical fitness, mental relaxation, and overall well-being.



The event concluded with a collective pledge to incorporate yoga into daily life for a healthier and more balanced lifestyle. The active participation of the cadets made the program a success.

C.T.O  
GDC Theog

Principal  
GDC Theog

