

**OFFICE OF THE PRINCIPAL  
GOVERNMENT DEGREE COLLEGE R.S. PURA  
JAMMU**

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**PRESS RELEASE**

2 J&K Girls Bn NCC, 2 J&K Boys Bn NCC & NSS Unit of GDC, R.S. Pura along with Principal and staff of the college celebrated International Yoga Day under the guidance of the principal of the college Prof. Kalpana Kesar & under the supervision of Prof. S.K. Dhar and Prof. Bindu Kumari, Coordinator NCC. Yoga Activity started with recitation of Gayatri Mantra led by Dr. Vijender kumar. A total of 50 participants including staff, NCC Cadets and NSS Volunteers participated in Yoga activity by performing various asanas like Kapal Bharti, Anulom Vilom, Tad Asan, Vrikshasan, Shav Asan etc.

**Sd/-  
PRINCIPAL**