

**Department of Sports GCW Udhampur organized guest lecture on “Yoga and Ayurveda”:**

**06/06/2022:**

Sh. Yash Paul Khajuria was the invited speaker from Patanjali Yoga Pith. He was welcomed by Dr. Dinesh, Head Department of Sports. Speaking on the occasion the resource person related Yoga with Ayurveda whereby he cited the significance of the both for a healthy lifestyle. He also underlined the very fact that we have both the aspect as salient features present in the literature and practice of Indian civilization. Prof/Dr. Monika Sharma worthy Principal also spoke on the occasion and appealed to young generation to come forwards and be the torch bearers in reviving the traditions of Yoga and Ayurveda. Approximately 100 participants attended the lecture.

