

PRESS RELEASE

GDC UDHAMPUR

GDC UDHAMPUR ORGANISES A MEDICAL AWARENESS AND IMMUNO BOOSTER CAMP IN COLLABORATION WITH THE DEPT OF AYUSH, UDHAMPUR.

01-09-2022

A One Day Yoga Awareness cum Immuno booster camp was organized today by GDC Udhampur in collaboration with the dept. of Ayush, Udhampur under the overall supervision of the principal of the college, Prof.(Dr) Romesh Kumar Gupta. The camp was conducted to generate a general awareness among the students and staff of the college about benefits of yoga in increasing the body immunity especially in the times of the covid.

A team of doctors from the dept. of Ayush interacted with the students regarding the general functioning of the body and the role of immunity in fighting the prevalent pandemic. The team of doctors consisted of Dr. Uttam Gupta (Sr. MO), Dr. Priya Ratta (MO), Dr. Shameem (MO), Ms. Pooja Sharma (Yoga Instructor) and Sh. Dinesh Bhagat (Yoga Instructor). The camp started with a yoga session in which all the students and staff were made to do certain yoga asanas. Thereafter, Ayurvedic immunity boosting medicines were distributed to the students and the staff free of cost. The camp concluded with an interactive session in which many queries of the audience was clarified by the doctors. Speaking on the occasion, the principal Prof(Dr) Romesh Gupta encouraged the students for adopting a healthy and hygienic life style to fight all infections and diseases. The vote of thanks was given by Dr Rippy Bawa, the NSS PO of the college.