



INTERNATIONAL YOGA DAY

BY: NCC (AIR & ARMY WING)

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The International Day of Yoga was celebrated with great enthusiasm at College Ground on June 21, 2020. The event saw active participation from a large number of individuals including 40 NCC Cadets, students from various departments, and teaching staff. The participants engaged in various yogasanas and pranayamas as per the Common Yoga Protocol facilitated by a trained professional. The primary objective of the celebration was to promote the significance of yoga in maintaining good mental and physical health among individuals.

