



INTERNATIONAL DAY OF YOGA

BY: NCC (ARMYWING)

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On June 21, 2020, amidst the global pandemic, 23 cadets enthusiastically participated in the International Day of Yoga from the safety of their homes. Utilizing various social media platforms, they engaged in activities aimed at spreading awareness about the importance of yoga and promoting a healthy lifestyle. Despite the physical constraints imposed by the COVID-19 crisis, the cadets showcased their commitment to health and wellness by creatively adapting to the virtual environment. Through live sessions, informative posts, videos, and interactive discussions, they reached out to a wide audience, emphasizing the numerous benefits of incorporating yoga into daily routines.



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