










INTERNATIONAL YOGA DAY (FROM HOME)

BY: NCC (ARMY WING)

DATED: 21-06-2021

In observance of the International Day of Yoga on June 21, 2021, 45 NCC Cadets of Government College Kullu along with their family members enthusiastically participated in yoga sessions from the comfort of their homes. Despite the constraints imposed by the COVID-19 pandemic, the cadets utilized various social media platforms to spread awareness about the importance of yoga and a healthy lifestyle.

Sr. No.	Particular	Remarks
1	Date	21-06-2021
2	Name of Activity	INTERNATIONAL DAY OF YOGA
3	Name of Unit / Agency / Department Organizing the Activity	NCC Army Wing 2HP BN NCC Mandi
4	Name of Collaborating Agency (If Any)	
5	No. of Student Participants	45
6	No. of Teacher Participants	01
7	Brief Report A large no of cadets participated in International Day of Yoga, 2021 on 21.06. 2021 from their homes through various social media platforms to spread awareness on importance of Yoga and healthy life style. The cadets also motivated their family members and neighbors to lead a healthy life style so that everybody can efficiently play their role in nation building.	<div style="display: flex; flex-wrap: wrap;">       </div>
	Organizer	 Principal Govt. College Kullu (H.P.)