



2020 - 2021

Name of the Department/Society: National Cadet Corps (NCC)

Name of the Event 10: International Yoga Day Celebration

Date of the Event: 21 June 2021

NCC Hansraj organized an online yoga session on the occasion of International Yoga Day Celebration. Cadets participated with utmost zeal. Cadets from 2nd year who are well trained in performing yoga lead the event by giving directions of performing different Asanas to all the cadets through online mode. The session started with warm-up Asanas and concluded meditation. During the entire tenure of this yoga week cadets were also motivated to adopt yoga in daily life by taking pledge and participating in competitions like jingle writing and quiz organized by Ministry of Ayush in online mode.

