



2020-2021

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

Name of the Event 1: Yoga Week

Date of the Event: 15 June – 21 June 2020

Yoga is the journey of the self, through the self, to the self. I'm standing on my own altar, the poses are my prayers. NCC Hansraj celebrated the International yoga day on 21 June 2020. NCC Hansraj celebrated Yoga Week from 15 June -21st June 2020. Various online meets were organized daily to create awareness among cadets and motivating them to adopt and make yoga a part of their daily routine. All the cadets participated and showcased different yoga poses and pledged to live a healthy and peaceful life. Cadets performed some of the very essential yoga poses reflecting their agility.





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