



Report on International Yoga Day Event Held on 21.06.2021



Unit	29(A) Bn NCC, Army Wing
Name of the event	International Yoga Day
Date of the event	21-06-2021
Place of the event	Online

International Yoga Day

OBJECTIVE:-

The Outbreak of COVID 19 Pandemic withheld the students from coming to campus. Even then the NCC cadets of SGS Arts College, collaboration with 29 Andhra Battalion NCC Tirupati observed International Yoga Day on 21.06.2021 through online mode. The cadets performed Yoga in their houses. 32 cadets participated in the Yoga Day celebrations. The celebration inspired the College Community to perform Yoga understanding its merit, both physically and mentally.

The NCC Cadets spread the message of healthy lifestyle by taking an online pledge that everyone will be gentle towards oneself & will do Yoga for better health. The Principal of the college, Dr. C.Mani expressed delight to see the cadets participating in such large numbers in the online activities to commemorate International Yoga Day. He said that 'Yoga especially in this pandemic period is very important to build physical and mental health. All activities were conducted under the supervision of CTO of the college, P.Harish Reddy.

Event Pictures:

