



## Report on International Yoga Day Event Held on 21.06.2022



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Unit	29(A) Bn NCC, Army Wing
Name of the event	<b>International Yoga Day</b>
Date of the event	21-06-2022
Place of the event	NCC Nagar, Tirupati

### International Yoga Day

#### **OBJECTIVE:-**

Yoga is the dance of every cell with the music of every breath that creates serenity and harmony. SGS Arts College celebrated International Yoga Day on 21 June 2022, which was held in NCC Nagar. The participants of NCC Army wing cadets and Chief Guest Group Commander inaugurated the day. The Chief Guest, in his address to the gathering, emphasized on the importance of yoga to maintain a healthy body and healthy mind. He also mentioned that Yoga is the journey of the self, through the self, to the self. And that is why we need to take care of our self and this can be made possible by practicing yoga. The yoga session was carried out by the Yoga Instructor. The cadets enthusiastically performed yoga as per the instructions and experienced a sense of peace and happiness.

#### **Event Pictures:**





