

INTERNATIONAL YOGA DAY 2025 REPORT

International Yoga Day 2025 Celebration

Organized by NCC Cadets – Group B, Delhi Directorate.

On 21st June 2025, the NCC Cadets of Group B, Delhi Directorate enthusiastically celebrated International Yoga Day with great spirit and dedication. The central event was held at the historic Mutiny Memorial (Badli Ki Sarai), Delhi, where cadets came together to embrace the holistic benefits of yoga. Our school's ANO first officer Dr. Rita Yadav and 24 cadets also participated in this event enthusiastically.

In addition to this the Cadets from various institutions actively participated showcasing discipline, unity, and the essence of yoga through synchronized asanas and pranayama sessions. This collective effort promoted the harmony of body, mind, and soul, in line with this year's Yoga Day theme of "Yoga for Self and Society."

The celebration reflected the true spirit of NCC — fostering wellness, mental strength, and national unity through mindful practice. The event was a remarkable success, inspiring all present to adopt yoga as a way of life.

SOME GLIMPSES OF THE ACTIVITY-







