

International Yoga Day

At India Institute of Advance Studies

On the occasion of international yoga day the ncc cadets of COE GC SANJAULI Attended the international yoga day (dated 21/06/2025) at the historical IIAS.



The program started at 0615 hours. The program started with the greetings from the honorary dignitaries to all the participants and thanks giving for the support and help in organising of the event. The event was guided by the instructions from the mic to the participants and the instructors were showing the steps from the stage. The total time period of the yoga was 45 minutes to one hour. The event included various subparts like standing, sitting and sleeping postures . The huge participation of NCC cadets made the event a success and showed the motivation and discipline of the cadets towards the country and self development. The cadets also learned the various benefits of yoga and the proper way to do it and

inculcate it in their daily life' s.



The event ended with refreshments for the cadets as well as for the participants with a lifetimes memories to cherish.