

INTERNATIONAL YOGA DAY – 21-06-2024



Date: 21.06.2024

Location: KBN College Campus Vijayawada

Name Of Activity: Yoga Day

Strength Participated: 44 Cadets

Brief Description Of Activity:

On the occasion of International Yoga Day, the NCC cadets of KBN College actively participated in a yoga session organized on the college campus. The event was conducted with the objective of promoting physical fitness, mental well-being, and holistic health through the disciplined practice of yoga. Under the guidance of trained instructors, the cadets performed a series of asanas, pranayama, and breathing exercises that emphasized the importance of a balanced lifestyle and inner peace.

The session also served as a platform to reinforce the values of focus, discipline, and mindfulness among the cadets, aligning with the NCC's broader mission of holistic personality development and national wellness promotion.

The event concluded on a reflective note, with cadets expressing their commitment to incorporating yoga into their daily lives as a step towards holistic well-being.

Outcomes of the programme:

- Participation of over 60 NCC cadets in the yoga session.
- Improved awareness among cadets about the benefits of regular yoga practice for physical and mental health.
- Active engagement in traditional asanas and breathing techniques under expert supervision.
- Encouragement of a healthy lifestyle as part of daily routine among youth.
- Reinforcement of NCC's role in promoting national initiatives related to health and wellness.
- Positive feedback from cadets, highlighting increased relaxation, focus, and motivation post-session.