

International Yoga day (21st June2015)

International Yoga Day (IYD): International Yoga Day, or Yoga Day, is celebrated on June 21 and was declared so by United Nations General Assembly (UNGA) on December 11, 2014. Yoga is a physical, mental, and spiritual practice or discipline that originated in India. On 21st June 2015, near about 5000 cadets from NCC, Amravati Group were participated in it at HVPM Ground in heavy rainfall on 7.00 am early morning. The cadets were spread the Message of yoga is beneficial for healthy life.

healthy life.

International Yoga Day



2016-17

International Yoga day (21st June2016)

The Second International yoga day (IYD-2016) was celebrated at Vidyabharati College ground by all students of colleges including NCC cadets of 3 MAH SIG COY and 4 MAH GIRLS BN. The program begins with warm up exercise followed by the various yoga mudras, Tadasan, Halasan etc. The ground was totally occupied by the students, staff, Principals of the colleges and distinguishes personality of Amravati. Nearly 40 cadets participated in this activity. The program was concluded with Pranayama followed by national anthem.



International Yoga Day (IYD-2016)



International Yoga Day

The International yoga day was celebrated at 8 MAH BN NCC, Amravati. Cadets performed different asanas under the directions of trained yoga teacher. Col Anup Kumar, 8 Mah Bn Amravati, was

present on this occasion.



International Yoga day (21st June2017)

The third International yoga day (IYD-2017) was celebrated at Vidyabharati College ground. The students of colleges including NCC cadets (3MAH SIG COY and 4 MAH GIRLS BN.) were participated in this event. The Group Commander Brig. Sanjeev Kumar Yadav and Training Officer of NCC Amravati Group was guest for the event. The program begins with warm up exercise followed by the various yoga mudras, Tadasan, Halasan etc. The ground was totally occupied by the

students, staff, Principals of the colleges and distinguishes personality of Amravati. Nearly 40 cadets participated in this activity. The program was concluded with Pranayama followed by national anthem.





2018-19

International Yoga day (21st June 2018)

The fourth International yoga day (IYD-2018) was celebrated at Vidyabharati ground by all students of colleges including NCC cadets of 3 SIG COY and 4MAH GIRLS BN. The program begins with warm up exercise followed by the various yoga mudras, Tadasan, Halasan etc. The ground was totally occupied by the students, staff, Principals of the colleges and distinguishes personality of Amravati. Nearly 35 cadets participated in this activity. The program was concluded with Pranayama followed by national anthem.



2019-20

International Yoga day (21st June 2019)

The fifth International yoga day (IYD-2019) was celebrated at HVPM ground by all students of colleges including NCC cadets of SGB, Amravati University, Amravati. The program begins with warm up exercise followed by the various yoga mudras, Tadasan, Halasan etc. The ground was totally occupied by the students, staff, Principals of the colleges and distinguishes personality of Amravati. Nearly 40 cadets participated in this activity. The program was concluded with Pranayama followed by national anthem.

