

REPORT ON

7th INTERNATIONAL YOGA DAY AWARENESS PROGRAM

“BE WITH YOGA, BE AT HOME”

Date: 21st June 2021

Venue: At homes through Virtual platforms

Conducted By: Har BN NCC 5

Attended By: ANO, NCC CADETS & OTHER STUDENTS

Organized: NCC UNIT of Delhi Public School, Maruti Kunj

On 21st June 2021, The cadets of NCC Unit Har BN NCC 5, studying in Delhi Public School, Maruti Kunj performed yoga on the occasion of International Yoga Day on 21st June 2021 through virtual platforms in their homes along with their family members and neighbours with the aim of motivating the public to take up pursuit of Yoga in their daily life and how they can practice yoga while sitting at their homes and can keep themselves fit and healthy during this pandemic.

All the cadets actively performed various yoga asanas as suggested by Common Yoga Protocol (CYP), clicked pictures and made videos of various postures at their home and shared the pictures of yoga performed by them supporting the theme of IDY 2021 “Be with Yoga, Be at Home”.

As per the instructions given by our Battalion, Group and Directorate cadets and also from the Ministry of Ayush Yoga Portal, Govt. of India.

participated in various other activities like Jingle Composition Competition, Pledge Taking, Online IDY Quiz, Digital Poster Making, Online Video Blogging on IDY 2021 through virtual platforms contributing for Common Yoga Portal (CYP).

Cadets also participated in “Pledge Taking” where they pledged to make yoga an integral part of their life.