

International Yoga Day

A Report

21st June, 2024

Yoga, an ancient practice that unites the body, mind, and soul, has become a global symbol of wellness and inner peace. Recognizing its profound impact on physical and mental health, International Yoga Day is celebrated worldwide every year. This year, Shimla joined the global celebrations with enthusiasm and energy.



The historic Ridge became the focal point of the celebrations, where Governor Shiv Pratap Shukla, alongside other dignitaries and participants, performed various yoga asanas. Organized by the State Ayurvedic Department, the event aimed to promote the importance of yoga in achieving a balanced and healthy lifestyle. The Governor highlighted how yoga is a valuable tool for combating stress and fostering harmony in today's fast-paced world.

The cadets from NCC COE GC Sanjauli were among the active participants at The Ridge. After contributing to the success of the event there, the cadets proceeded to St. Edward's School, where another yoga session was organized. This session saw the participation of students and cadets from various institutions, creating a vibrant and inspiring atmosphere.

The session at St. Edward's School included group demonstrations of yoga poses and breathing exercises, emphasizing the importance of incorporating yoga into daily routines. The presence and disciplined participation of the NCC cadets, showcased their commitment to promoting health and fitness.

The day concluded with a collective pledge to embrace yoga as a daily practice, ensuring a healthier and more harmonious society. The efforts of the NCC cadets from COE GC Sanjauli were commendable, as they embodied the discipline and enthusiasm essential for spreading the message of wellness.



This celebration underscored the timeless relevance of yoga in fostering physical and mental well-being, resonating with the theme of unity and peace.