

**D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE**



NCC

**International Yoga Day-21.06.2022**



❖ **Name of the Programme: International Yoga Day**

❖ **No. of Cadets participated :18**

❖ **Date: 21/06/2022**

❖ **Venue: Muthurangam Govt. Arts College, Vellore,**

## **Report**

International yoga day is observed on June 21 to spread awareness about the benefits of yoga. The theme for international yoga day is “yoga for humanity”. Yoga is Universal—it can be practiced anywhere, at any time and by anyone irrespective of age, gender, culture or nationality. Yoga improves strength, fitness, balance, flexibility.

18 NCC Cadets and ANO of D.K.M College for Women (Autonomous), Vellore along with cadets from nearby Colleges and Schools participated in the International Yoga Day on 21.06.2022 at Muthurangam Govt. Arts College, Vellore, as per the direction of the commanding office of 10 TN BN NCC, Vellore. Cadets participated in this event with great zeal spreading awareness about India's age-old practice of yoga, which leads in unison towards better health and wellness for all.

**Photographs of the Event:**

**Cadets Practicing Yoga on the International yoga Day**



V4MR+R4Q, Otteri Rd, Vellore, Tamil Nadu 632002, India

Vellore  
Tamil Nadu  
India

2022-06-21(Tue) 07:45(AM)



28°C

82°F



V4MR+R4Q, Otteri Rd, Vellore, Tamil Nadu 632002, India

Vellore  
Tamil Nadu  
India

2022-06-21(Tue) 07:34(AM)



28°C

82°F



V4MR+R4Q, Otteri Rd, Vellore, Tamil Nadu 632002, India  
Vellore  
Tamil Nadu  
India  
2022-06-21(Tue) 07:31(AM)  
28°C  
82°F



V4MR+R4Q, Otteri Rd, Vellore, Tamil Nadu 632002, India  
Vellore  
Tamil Nadu  
India  
2022-06-21(Tue) 07:42(AM)  
28°C  
82°F

**ANO**

**PRINCIPAL**