



# Mangalmai Institute of Management Technology

## Greater Noida



### INTERNATIONAL YOGA DAY CELEBRATION

**DATE-21<sup>st</sup> JUNE 2021**

**Name of Activity:Be with Yoga Be at Home: International Yoga Day Celebration**

**Venue: VIRTUAL**

**Participated by: NCC CADETS**

**No of participants: 10**

**Activity In-charge: Lt. Dr.Seema Singh Pundir**

#### **Activity Description:**

Celebrated on 21 June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries. The date of June 21 was chosen as it is the Summer Solstice, the day where there is the most sun out of every other day of the year. NCC Cadets participated in yoga campaign in full josh and give message to others how the yoga is important in life. Celebration was virtual cadets celebrated as per their convenience and at home because of pandemic the event was virtual.

#### **Objective:**

- The theme for International Yoga Day 2021 is 'Yoga for well-being'.
- Yoga assumed significance during the COVID-19 pandemic and has emerged as a global trend.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.

- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for cadets of India to share information, drive awareness and encourage sharing of personal fitness stories.

**Outcome of Activity:**

**Cadets learn through this activity how to stay fit in and motivate others to be fit and cadets learn the various poses of yoga and celebrated it at high level.**

**PHOTOGRAPH**



**Cadet -Vandana Raj**



## **Cadet-Prachi Tyagi**

### **List of Attendees**

1. Anshika
2. Prachi Tyagi
3. Ayushi Rajoria
4. Ankita kumari
5. Yogita Kaushik
6. Priyanka Singh
7. Sheetal
8. Vandana
9. Nisha
10. Nishika