

## Name of Activity: International Yoga Day Celebration

**Venue:** SCVB GC Palampur

**Date:** Saturday, 21<sup>st</sup> June, 2025

**Participants:** Principal, Teaching & Non Teaching Staff, NCC Cadets, Students, Teacher & Volunteers from Art of Living Organization

**Objective:** The main objectives of celebrating International Yoga Day 2025, under the theme "Yoga for One Earth, One Health", are to raise global awareness about the benefits of yoga, promote a healthy lifestyle, and highlight the interconnectedness of individual well-being and planetary health. This includes emphasizing yoga's role in physical and mental well-being, fostering a sense of unity through shared practice, and encouraging sustainable living.

**Brief Report:** NCC Cadets actively participated in IYD on 21st June, 2025 as per the Common Yoga Protocol (CYP) issued by the Ministry of AYUSH. This year theme, "Yoga for One Earth, One Health," highlights the interconnections of Human well being and environmental harmony.





