



**JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY**  
WAKNAGHAT, P.O. – WAKNAGHAT,  
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(Established by H.P. State Legislature vide Act No. 14 of 2002)



## National Cadet Corps

**Name of the Activity: INTERNATIONAL YOGA DAY 2025**

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

**Place: Virtual**

### Introduction:

The **International Day of Yoga** is celebrated every year on **21st June** to raise awareness about the benefits of practicing yoga for physical, mental, and spiritual well-being. The **National Cadet Corps (NCC) unit of Jaypee University of Information Technology, Wagnaghat**, actively took part in this global event to instill values of discipline, health, and harmony among cadets. This year, despite the ongoing summer vacation, cadets participated in the celebration through a virtual initiative from their respective locations.

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### Program Highlights:

- **Event Notification:** All cadets were officially informed about the Yoga Day celebration well in advance by the NCC authorities, ensuring maximum awareness and participation across the unit.
- **Freedom of Choice:** Each cadet was allowed to choose **any yoga posture** they felt comfortable performing, allowing flexibility and encouraging personal engagement with the practice of yoga.
- **Photographic Evidence:** To mark their participation, cadets were instructed to **capture a clear photograph** of themselves performing their chosen yoga pose, reflecting discipline and enthusiasm.
- **Central Submission System:** A **dedicated Google Drive link** was provided by the NCC unit where all participants were required to upload their photographs, ensuring organized and accessible documentation.
- **Safety and Inclusiveness:** The online mode of the activity allowed cadets to join in safely from their homes without compromising on the spirit of participation, making the event inclusive and barrier-free.



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- **Promoting Wellness:** Through this initiative, cadets were motivated to remain physically active and mentally relaxed during the vacation, promoting the core message of yoga — balance and harmony.



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### Outcome:

- A large number of cadets actively participated by sharing their yoga pose photographs.
- The activity promoted **self-discipline, flexibility, focus, and a healthy lifestyle** among NCC cadets.
- It also fostered a **sense of connection and unity**, even during the vacation period.

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