



## Gandhinagar Institute of Technology

A Report on

### “International Yoga Day (NCC)”

21<sup>st</sup> June 2022

#### Objective:

**“Your Body exists in past and your mind exists in future, In yoga they come together in present” – BKS Iyenger**

Gandhinagar Institute of Technology focus on student’s health and fitness along with curriculum activities. Following the trend, GIT NCC Troop Participated in **“International Day of Yoga”** on 21<sup>st</sup> June 2022 held at Kankaria Lake Ahmedabad This day was observed throughout the country as per common yoga protocol for all NCC cadets. a platform for all cadets to foster physical fitness in their life. All the state level CEO, directors, ANO and CTO have participated with all cadets and performed Yoga. 11 cadets from our institute and 175 cadets from 2Guj Air Sqn NCC have participated in this Physical and spiritual wellbeing event.

#### Glimpse of the Yoga Day Celebration:



Line up of NCC Cadets



NCC cadets getting ready to perform Yoga



Cadets and CTO performing different Yoga asanas



Cadets performing Yoga

## NO.2 GUJ AIR SQN NCC



## INTERNATIONAL DAY OF YOGA



Collage of International yoga day