



PIONEER KUMARASWAMY COLLEGE, NAGERCOIL

COY NO.205/21 FSFS, NCC (ARMY WING)



INTERNATIONAL DAY OF YOGA 21 JUN 2022

“Yoga for Humanity” is the theme for International Day of Yoga 2022. The day, observed on June 21, focuses on the importance of yoga in our lives for a healthy life. The NCC coy of Pioneer Kumaraswamy College also celebrated the international day of yoga on 21 June 2022 at 9.00 hrs.

The summary of the programme is given below:

Ser	Name of the Institution	Name of the locations earmarked for conduct of IDY event	No of cadets participated	Remarks
1.	Pioneer Kumaraswamy College	College Premises	21 SD 4SW 1 CTO	Conducted and photos enclosed

The yoga practices started with the college prayer song by SW cadets. Cdt. Saranya welcomed the gathering. Dr.K.A.Manikumar, honorable secretary of our college presided over the function. Dr.S.Durai Raj explained the importance of yoga and requested everyone to practice yoga in daily life. Yoga demonstration was given by the yoga master Mr.A. SivaKumar B.Ed, YIC Yoga instructor, Kanyakumari District. NSS volunteers also took yoga practices along with NCC cadets. Programme ended with the national Anthem.

All the 25 NCC cadets and Dr.S.Radhika CTO took Yoga Pledge on the link <https://pledge.mygov.in/integrate-yoga-lifestyle/> and download the self generated certificate. Two generated certificates were also enclosed in this report.

