



**NAGARJUNA COLLEGE OF ENGINEERING AND TECHNOLOGY**

(An Autonomous College under VTU, Accredited by NAAC with A+ Grade) Venkatagiri Kote Post, Devanahalli Taluk, Bengaluru-562164



## DEPARTMENT OF NATIONAL CADET CORPS

### REPORT ON

## INTERNATIONAL YOGA DAY

**Date:** 21 June 2025

**Place:** Isha Foundation, Chikkaballapur.

**Participants:** PI STAFF, ANO/CTO & NCC Cadets.

#### **Objectives:**

- To document the International Yoga Day celebrations held on June 21, 2025, at Isha Foundation, Chikkaballapur.
- To highlight the organization of the event by Isha Foundation and the active participation of Bengaluru B Group NCC, including 5 KAR Battalion.
- To promote yoga as a means of physical fitness, mental clarity, and spiritual well-being.
- To showcase collaboration between spiritual institutions and NCC in fostering wellness, discipline, and patriotism.
- To acknowledge the contribution of Col. SS Kalia (Chief Guest) and the CO of 5 KAR Battalion.
- To preserve the event as a model for similar youth wellness initiatives.

International Yoga Day, observed every year on June 21, promotes yoga as a holistic approach to health and well-being. The 2025 celebration was held at the Isha Foundation in Chikkaballapur, known for its serene and spiritual ambiance. Organized by the Foundation, the event witnessed active participation from Bengaluru B Group NCC, including cadets from 5 KAR Battalion.

The event was graced by Colonel SS Kalia, Group Commander of Bengaluru B Group (Chief Guest), and the Commanding Officer of 5 KAR Battalion, whose presence inspired the cadets. The collaboration between Isha Foundation and NCC demonstrated the harmony of traditional wellness and national service.

### **Dignitaries:**

Col. SS Kalia delivered a motivational address, underlining yoga's role in building resilient youth. The Commanding Officer of 5 KAR Battalion offered support and guidance throughout.

## **Event Highlights**

### **Venue and Organization:**

Hosted at Isha Foundation's tranquil campus, the event adhered to International Yoga Day protocols, combining thoughtful planning with spiritual energy.

### **NCC Participation:**

Cadets from across Bengaluru B Group enthusiastically participated, especially those from 5 KAR Battalion. Their discipline, coordination, and spirit stood out. NCC officers and ANOs ensured smooth cadet involvement.

### **Yoga Session:**

The session followed the Common Yoga Protocol by the Ministry of AYUSH, featuring asanas, pranayama, and meditation led by trained Isha instructors. The synchronized practice by hundreds created a serene and empowering experience.

The International Yoga Day 2025 celebration at Isha Foundation was a successful convergence of yoga, youth discipline, and national service. With strong support from the NCC Bengaluru B Group, particularly the 5 KAR Battalion, and the spiritual environment of Isha Foundation, the event stood as a powerful symbol of wellness and patriotism.

The presence of Col. SS Kalia and the Commanding Officer of 5 KAR significantly inspired cadets to adopt yoga in their daily lives. The day's activities – from structured yoga practice to cultural presentations – enriched cadets physically, mentally, and spiritually.

This event not only marked the global importance of yoga but also emphasized its critical role in shaping responsible, healthy, and value-driven youth. Its documentation serves as a model for future collaborative wellness programs.



