

National Cadet Corps Mata Sundri College for Women

International Yoga Day 2021

Sashakt, the National Cadet Corps of Mata Sundri College for Women celebrated **International Yoga Day** on 21 June 2021 with great fervour and enthusiasm.

Date: 21 June 2021

Time: 06:00 onwards

The event was conducted under the guidance of Ms Ishleen Kaur (Coordinator, Sashakt) and was headed by SUO Shivani Manral.

The celebration was divided into three major events. Cadets, junior and senior alike, gave unique ideas for the events thus demonstrating eagerness and creativity.

A **poster making competition** was organized by the team. Cadets submitted beautiful and informational handmade posters which highlighted their resolve and interest in this venture. Posters were full of minute and beautiful details which made them ideal awareness generators.

A virtual **Yoga session** was held by SGT Anshu Som and CPL Ankita Rawat from 0600 hours under the supervision of JUO Leena Rajawat. Cadets learnt about various asanas, their benefits and correct posturing. The session started with the sacred chants of Gayatri Mantra and ended with relaxing pranayama exercises.

The Yoga session was followed by an informative **quiz competition** from 0900 hours which revolved around Yoga, its origins and types. Cadets took a keen interest in the questions and connected trivia. The quiz was conducted in three rounds with close competition among the participants.

By the end of the session, the results for the poster making competition and quiz competition were declared and the victorious cadets were appreciated. Ms Ishleen Kaur concluded the Yoga Day celebrations by giving a positive and motivating message to the cadets.

Sashakt has always been active in fitness and well-being ventures and looks forward to more future endeavours like this.

JAI HIND!