



# SLC (University of Delhi)

## NATIONAL CADET CORPS

### Report on

### “ YOGA SESSION”

**A Journey to Inner Calm and Strength**

Date:- 21 /06/2025

Time:- 6:30 AM

Location:- Vasudev Ghat

Organized by:- National Cadet Corps (NCC)

International Yoga Day is celebrated every year on **21st June** all over the world. It was started in **2015** by the United Nations to spread awareness about the benefits of yoga. Yoga is an ancient Indian practice that helps keep our body healthy and our mind peaceful.

## Objective:

The yoga session held at **VASHUDEV GHAT** offered an interactive yoga session on **21<sup>st</sup> 2025 at 6:30 AM**. The calm flow of the river, the soft sound of water, and the cool morning breeze created a perfect atmosphere for yoga. The golden rays of the **rising sun gently touched our bodies**, filling everyone with warmth, positive energy, and a deep sense of peace.

All the cadets from different school colleges actively participated in the yoga. Not only cadets visitors also show their activeness towards session.

## Session Highlights:

The session began with a short address by GCI Neeva ma'am, who emphasized the importance of yoga in a cadet's life – for both physical strength and mental resilience. The session began with a short introduction to yoga and its benefits and a one minute prayer. Warm-up exercises were conducted to prepare the body.

A sequence of Loosening practices; Yogasans; Pranayama; Shanti Mantra were practiced. Each asana was explained by the instructors and performed slowly and mindfully by the cadets, in sync with their breathing. The sunlight added a special glow to each movement, making it a truly spiritual experience.

The session ended with a 10-minute **guided meditation** and **Shavasana**. Lying quietly on their mats with their eyes closed, cadets listened to the soothing sounds of the river and birds. The sun now shone brighter, and it felt as if every cadet was soaking in light, peace, and strength.

## Feedback:

Cadets were very active and followed instructions with full discipline. Many cadets said they felt fresh, peaceful, and more focused after the session. Some also said they would like to continue yoga in their daily routine.

The yoga session was a great success. It helped cadets understand the value of physical fitness, mental peace, and discipline. It also brought all cadets together in a positive and healthy environment.

## Conclusion:

Celebrating **International Yoga Day** at **Vashudev Ghat** was truly special. The natural beauty of the place, the gentle morning sun, and the discipline of the cadets made it a memorable event. It reminded everyone that yoga is not just an exercise—it's a way of life that brings peace, balance, and strength.

The yoga session was a successful initiative that helped cadets connect with their physical and mental well-being. It encouraged a healthy lifestyle and mindfulness among attendees.

**Quote of the Day:**

"Yoga is the journey of the self, through the self,  
to the self." – Bhagavad Gita



**"ONCE A CADET, ALWAYS A CADET"**

**JAI HIND**