

# INTERNATIONAL YOGA DAY PROGRAM AT ST. ALOYSIUS COLLEGE

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## (2MP NAVAL UNIT)

The **NCC** cadets of St. Aloysius College under the aegis of 2MP Naval Unit successfully celebrated International Yoga Day on 21<sup>st</sup> June 2019 under guidance and supervision of ANO Sub.Lt.Mary Raymer, Sub.Lt.Sanjay Rajak and PI staff.



A total 40 SD and SW cadet marked their presence in college campus for celebrating 5<sup>th</sup> international yoga day. Cadets started with meditation and yoga asana .Then had cultural events which included yoga dance and song performed by cadet with great joy and enthusiasm.

This program motivated young cadets to build up a great habit of daily yoga practice which will help them to increasing focus and concentration, improve strength and flexibility,block negativity promotes healing and attain perfect equilibrium and harmony and this results in successful achievement of the desired objectives of the event. Cadet Sanaya Nayak and Abhishek Mahawar coordinated the asana, Cadet Abhishita Varma performed a beautiful yoga dance. Cadet Anjali Ann Joseph and Anoushka Aristotle sang a motivational song. The overall in charge of cadet's activity was co-ordinated by Cadet Vijaya lakshmi Saiyam.