

Sakthi Polytechnic College

National Cadet Corps (NCC)

Event: International Yoga Day

Date: 21.06.2025

Venue: Gobi Arts & Science College

Coordinator: Lt. C. Vijayaraj

As part of the International Yoga Day celebrations, cadets from Sakthi Polytechnic College participated in a special yoga session held at **Gobi Arts & Science College**. The event emphasized the importance of physical and mental well-being through the practice of yoga.

A total of **216 cadets** from various institutions actively took part in this initiative, demonstrating enthusiasm and discipline. The program included guided yoga sessions, awareness talks, and breathing exercises aimed at promoting a healthy lifestyle among the youth.

The successful participation in this event reflects the commitment of our NCC cadets towards national-level initiatives and their dedication to holistic development.

