



# Koneru Lakshmaiah Education Foundation

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10(A)G.Bn.NCC

10(A) GIRLS BATTALION NCC

KLEF - GUNTUR

## INTERNATIONAL YOGA DAY

Event Details:

DATE: 21-06-2026

VENUE: Indira Gandhi Municipal Stadium, Vijayawada

ORGANISED BY :10(A) Girls Bn, NCC, KLEF

SUPPORTED BY: Dr. B. SASIKALA, CTO, NCC, KLEF

Attended cadets: 30

### **Aim:**

The aim of this event was to promote awareness about the importance of Yoga in achieving physical fitness, mental well-being, emotional balance, and a healthy lifestyle. Organized by 10(A) Girls Bn NCC, KLEF at Indira Gandhi Municipal Stadium, Vijayawada, on 21st June 2026, with the support of Dr. B. Sasikala, CTO, NCC, KLEF, and attended by 30 NCC cadets, the program sought to encourage participants to adopt Yoga as a regular practice for improving overall health, reducing stress, enhancing concentration, and developing self-discipline. Conducted in the presence of the Hon'ble Chief Minister, the event also emphasized the significance of International Yoga Day in spreading the message of health, peace, and harmony. The program further aimed to strengthen the core values of NCC, including discipline, leadership, teamwork, and social responsibility, while inspiring cadets to lead a balanced and healthy life. It also encouraged them to promote the benefits of Yoga among their families, friends, and communities, contributing towards building a healthier, fitter, and more responsible society.

### **Description**

The International Yoga Day was celebrated with great enthusiasm and dedication by 10(A) Girls Battalion NCC, KLEF at Indira Gandhi Municipal Stadium, Vijayawada, on 21 June 2026. The event was organized under the guidance and support of Dr. B. Sasikala, CTO, NCC, KLEF, with the active participation of 30 NCC cadets. The special Yoga Session was conducted in the esteemed presence of the Hon'ble Chief Minister, making the occasion even more inspiring and memorable.

The NCC cadets assembled early in the morning and reported to the venue with discipline and enthusiasm. Hostel students reached the stadium through the bus facility arranged from Himalaya Hostel, while day scholars arrived at the venue on their own. The session commenced at 5:30 AM with all participants gathering in a peaceful and energetic atmosphere, emphasizing the significance of Yoga in promoting physical fitness, mental well-being, and a healthy lifestyle.

The Yoga session included a series of warm-up exercises, breathing techniques (Pranayama), meditation, and various yoga asanas performed under the guidance of experienced yoga instructors. The instructors explained the importance of maintaining correct posture, regular practice, and mindful breathing to improve flexibility, concentration, and overall health. The

session also highlighted the role of Yoga in reducing stress, enhancing self-discipline, and achieving harmony between the mind and body.

The NCC cadets actively participated in every activity with sincerity, discipline, and dedication, setting an excellent example for others. Their enthusiastic involvement reflected the core values of NCC, including leadership, unity, self-discipline, and service to society. The event also inspired participants to incorporate Yoga into their daily routine as a means of leading a healthier and more balanced life.

The celebration concluded on a positive and motivating note, leaving the participants refreshed and inspired. The International Yoga Day program successfully reinforced the importance of Yoga as a valuable practice for physical fitness, mental peace, emotional well-being, and overall personality development while promoting the message of healthy living and national unity.

### **Conclusion:**

The International Yoga Day celebration served as a meaningful reminder that Yoga is not merely a form of physical exercise but a way of life that promotes physical fitness, mental peace, emotional balance, and overall well-being. The enthusiastic participation of 30 NCC cadets from 10(A) Girls Bn NCC, KLEF reflected their commitment to discipline, unity, and healthy living. Through the guided Yoga session conducted in the presence of the Hon'ble Chief Minister, the event successfully inspired participants to embrace Yoga as a daily practice for achieving a balanced and healthy lifestyle while strengthening the values of leadership, teamwork, and self-discipline. Let us continue to practice Yoga regularly, encourage others to adopt its benefits, and work together towards building a healthier, fitter, and more harmonious society.

**“Yoga for One Earth, One Health.”**

**“Jai Hind!”**

**EVENT PHOTOS:**



**NCC Cadets of 10(A) Girls Bn, KLEF participating in the International Yoga Day 2026 celebration at Indira Gandhi Municipal Stadium, Vijayawada.**



**NCC Cadets of 10(A) Girls Bn, KLEF participating in the International Yoga Day.**



The Hon'ble Chief Minister of Andhra Pradesh participating in the International Yoga Day 2026 celebrations at Indira Gandhi Municipal Stadium, Vijayawada, inspiring thousands

