

## **YOGA WEEK**

Name of the event	<b>YOGA WEEK</b>
Date	14/06/2021 TO 20/06/2021
Subject	<b>YOGA</b>
Mode	Doing YOGA
Number of students participated	45

NCC unit of Mar sleevea college and AYUSH Wellness Center Idukki, conducted ONLINE YOGA Class about the importance of YOGA in life and how to do a Yoga from 14/06/2021 TO 20/06/2021 .Each NCC cadets actively do YOGA and express the importance of Yoga ,Fourty Five cadets of Ncc unit participated in the program. The program was a great success and feedbacks of the students were positive.



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