ACTIVITY/EVENT REPORT

Name of Club/Cell/Committee   : NCC

In-Charge   : ANO NCC (Army and Air Wing)

Name of the Activity/Event   : International Yoga Day, 2025

Date   : 21/06/2025

Time   : 7:00 AM

Venue   : Rayburn College Campus

No. of Participants   : RBC NCC Cadets

Name of Resource persons/Judge/   :

any other

Report Compiled by   : Lalngaihawmi, Director, IQAC

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1. Brief Description of the Activity/Event

On the occasion of International Yoga Day 2025, the NCC Unit of Rayburn College organized a special yoga session on 21st June 2025 to promote the importance of physical, mental, and spiritual well-being among the cadets and the larger student community.

The observation began with a brief introduction highlighting the theme and significance of International Yoga Day. This was followed by a guided yoga session where NCC cadets actively participated in performing various yoga asanas, pranayama (breathing techniques), and meditation practices.
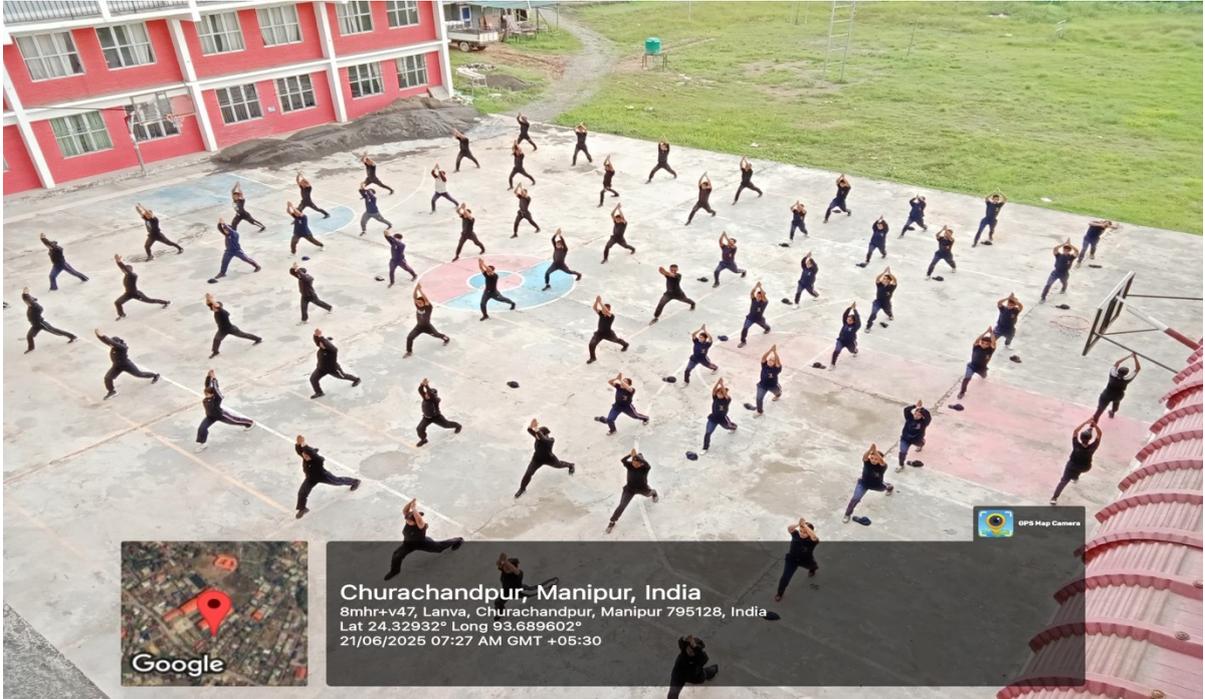
The session emphasized the role of yoga in improving flexibility, concentration, discipline, and overall health—core values aligned with the NCC's vision of nurturing responsible and fit citizens.
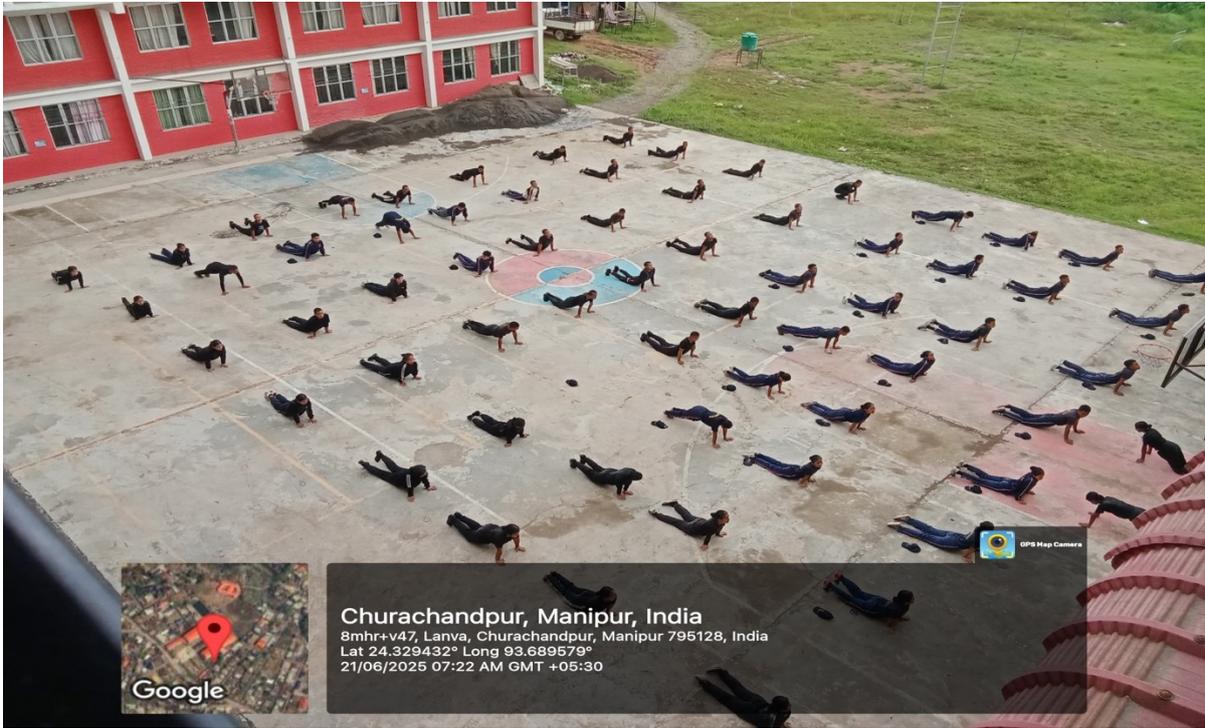
The participation and enthusiasm shown by the cadets made the event a successful and meaningful observance of International Yoga Day.
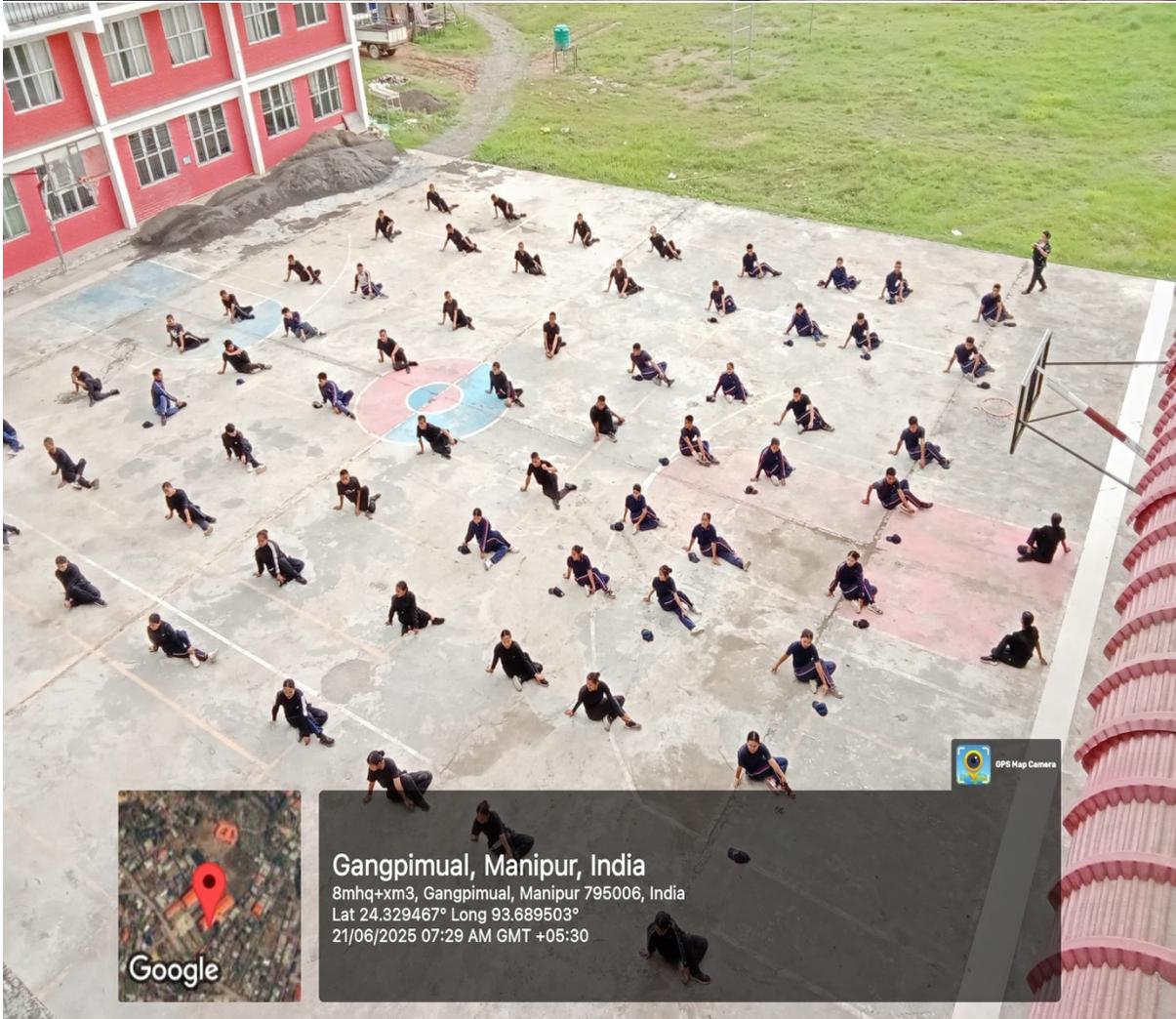
2. Attendance Record Sheets

3. Supporting Documents: (Please attached Photographs, videos, flyers, banners, or any social media coverage)

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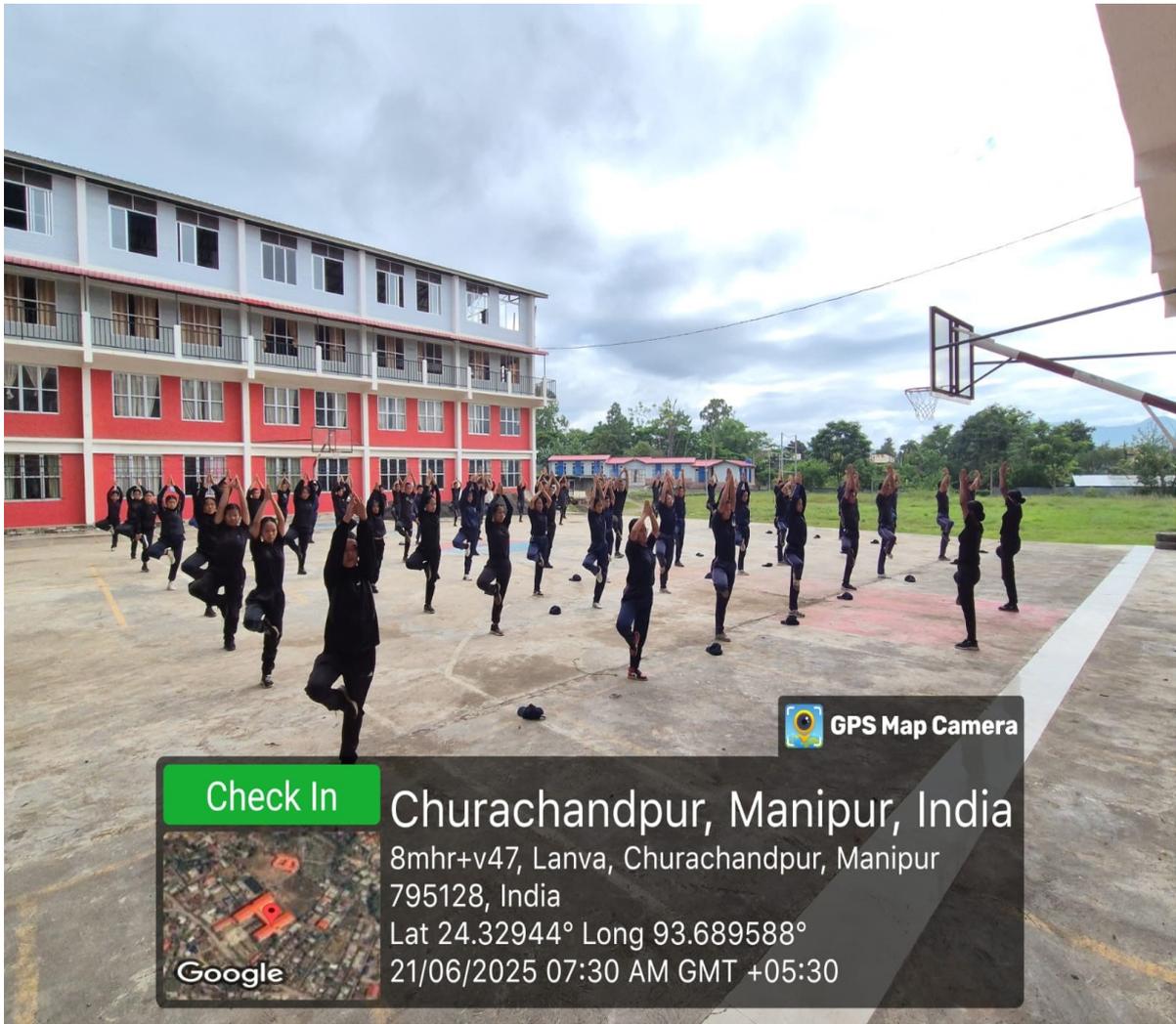Lat 24.32932° Long 93.689602°
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