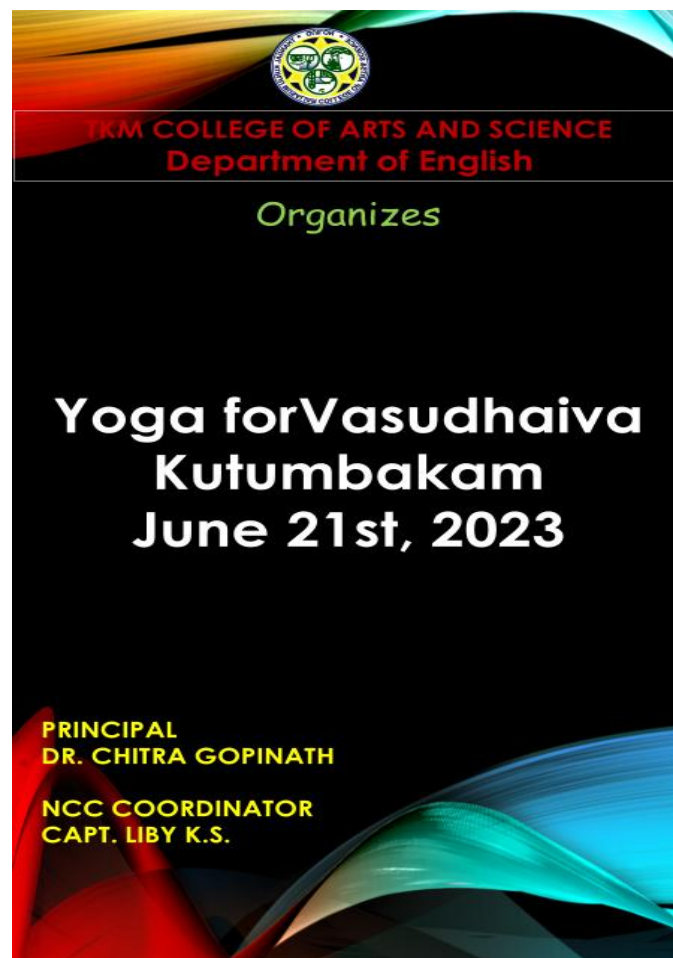


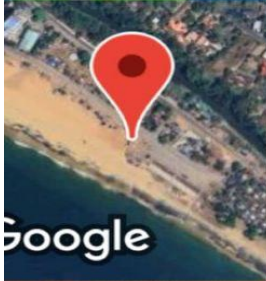
Yoga For Vasudhaiva Kutumbakam

On June 21st, 2023, in celebration of International Yoga Day, an inspiring event titled “Yoga for Vasudhaiva Kutumbakam” was organized at Kollam Beach for the NCC cadets. This yoga session, conducted by the Group Headquarters, Thevally focused on promoting peace, harmony, and the spirit of unity embodied in the concept of Vasudhaiva Kutumbakam. 20 cadets participated enthusiastically, performing various yoga asanas by the serene seaside. The session included breathing exercises, meditation, and postures designed to enhance physical fitness and mental well-being. The sound of the waves and the open-air environment provided a perfect backdrop for the cadets to connect with nature while practicing mindfulness. The event aimed to inspire the cadets to embrace yoga as a way to foster both personal wellness and global harmony. This initiative by Group Headquarters, Thevally successfully reinforced the holistic benefits of yoga and underscored its role in promoting unity across borders. The cadets left the session rejuvenated and motivated to continue the practice of yoga as a path toward inner peace and a sense of shared humanity.





 **GPS Map**



Kollam, Kerala, India
VHFV+9PP, Kollam Bypass, Pallithottam, Thamarakulan
Kollam, Kerala 691006, India
Lat 8.873346°
Long 76.593936°
21/06/23 08:22 AM GMT +05:30

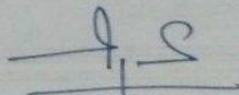
YOGA FOR VASUDHAIVA KUTUMBAKAM: AWARENESS AND TRAINING PROGRAMME

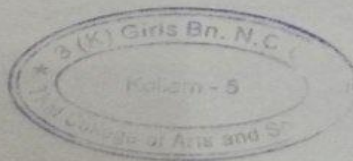
LIST OF PARTICIPANTS

| SL NO | CANDIDATE CODE | NAME OF CADET | SIGNATURE |
|-------|----------------|-------------------|-----------|
| 1 | 13021142028 | ALIVA SHAJI | Aliva |
| 2 | 14921142021 | FASILA MUHAMMED | Fasila |
| 3 | 23021142019 | KAUVA-S | Kavusa |
| 4 | 2221142016 | ADRA ASHOK | Adra |
| 5 | 24522142002 | AMITHA-R-S | Amitha |
| 6 | 13022142029 | ARCHANA | Archana |
| 7 | 13022142037 | HISANA | Hisana |
| 8 | 14922142013 | ANJANA BALJU | Anjana |
| 9 | 15922142089 | ANJANA-J | Anjana |
| 10 | 14922142023 | AYFOONA SHERIF | Ayfoona |
| 11 | 14922142033 | Hidana-S | Hidana |
| 12 | 14122142020 | Nasein Alasa | Nasein |
| 13 | 15922142045 | Nandana-S-Vijayan | Nandana |
| 14 | 15922142032 | Athulya-A-S | Athulya |
| 15 | 13022142006 | ASIYA JATHAN-S | Asiya |
| 16 | 13022142007 | AYSHA-H | Aysha |
| 17 | 14922142029 | FATHIMA-S | Fathima |
| 18 | 14922142046 | PRIYANANDA | Priyana |
| 19 | 25022142028 | THAMEEMA | Thameema |
| 20 | 25022142027 | SHABANA-S | Shabana |

Kollam

21 JUN 2023


 Associate NCC Officer



Capt. LIBY K.S.
 NCC OFFICER
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 NCC/073
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