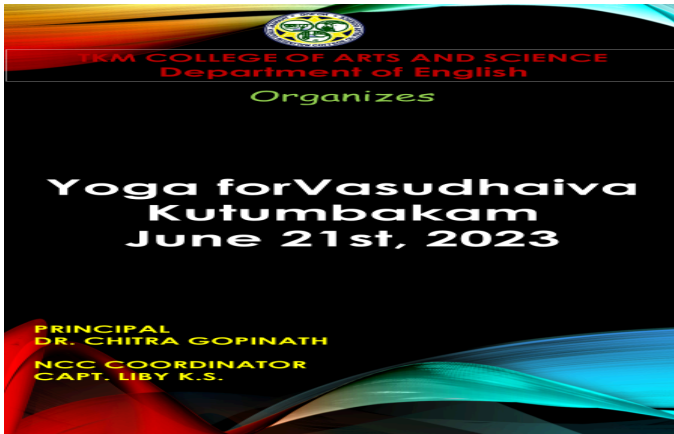


## YOGA FOR VASUDHAIVA KUTUMBAKAM JUNE 21<sup>ST</sup>, 2023

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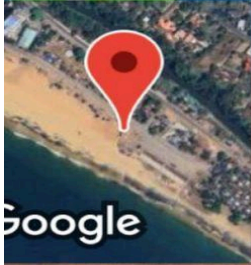
On June 21st, 2023, in celebration of International Yoga Day, an inspiring event titled “Yoga for Vasudhaiva Kutumbakam” was organized at Kollam Beach for the NCC cadets. This yoga session, conducted by the Group Headquarters Thevally, focused on promoting peace, harmony, and the spirit of unity embodied 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 Camera**



**Kollam, Kerala, India**

VHFV+9PP, Kollam Bypass, Pallithottam, Thamarakulam,

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**

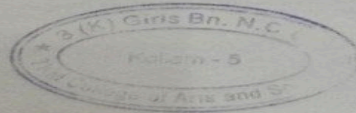
**LIST OF PARTICIPANTS**

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

Kollam

21 JUN 2023

*[Signature]*  
Associate NCC Officer



Capt. LIBY K.S  
NCC OFFICER  
3(K) Girls Bn., N.C.C.  
NCC/073  
TK.M. College of Arts and Science - 5