



**N.C.C. COY NO - 21/04, UNDER 21 BENGAL BN NCC
BELURMATH
LALBABA COLLEGE UNIT
117 G.T.ROAD, BELUR, HOWRAH, WEST BENGAL.**

Email: lalbabacollege.ncc04@gmail.com

ACTIVITY REPORT

on

INTERNATIONAL YOGA DAY

21st May, 2021.

International yoga day was organized by NCC Cadets digitally due to covid-19 pandemic on 21st May, 2021 to spread awareness about the importance of yoga and motivated the cadets as well as other students of the college to participate yoga having fit physically and ideal unification of the mind, body and breathe. It is a total mind body workout that combines strengthening and stretching with deep breathing and meditation.

Title of activities conducted	Organizing Unit	Place of activities	Number of Co-ordinators	Number of students participated
INTERNATIONAL YOGA DAY	NCC unit of Lalbaba College and 21 Bengal BN NCC	Cadets own home due to covid-19	CTO -01 Professor-05 PI staff-03	Cadets-72 CIV.-13