

NCC Celebrates International Day of Yoga 2026 with Participation of Over 8.30 Lakh Cadets Across India

प्रविष्टि तिथि: 21 JUN 2026 10:30AM by PIB Delhi

The National Cadet Corps (NCC) celebrated the 12th International Day of Yoga (IDY) 2026 with enthusiasm and patriotic fervour across the country. More than 8.30 lakh NCC cadets, Associate NCC Officers, Permanent Instructors, and NCC staff participated in synchronized yoga sessions conducted at over 5,000 locations nationwide, reaffirming the organisation's commitment to promoting physical fitness, mental well-being, and holistic development among the youth.



These yoga sessions were conducted in historic sites including the Sabarmati Riverfront in Ahmedabad, Golconda Fort in Hyderabad, Bodh Gaya in Bihar, Wankhede Stadium in Mumbai, the banks of the Brahmaputra River in Guwahati, Namohat in Varanasi, Millennium Park in Kolkata, Sukhna Lake in Chandigarh, Marina Beach in Chennai, and the Konark Sun Temple in Odisha.

NCC continues to play a pivotal role in nation-building by nurturing disciplined, confident, and socially responsible citizens. Through its various activities, NCC inculcates the values of fitness, self-discipline, and collective well-being.

SR/Ruchi

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