

G.B. Pant University of Agriculture & Technology, Pantnagar Distt-Udham Singh Nagar (Uttarakhand)

Pantnagar University Celebrates a Grand Confluence of Yoga and Valor: Equestrian Cadets' Spectacular Performance Captivates Audience

Pantnagar, June 21, 2026. Govind Ballabh Pant University of Agriculture and Technology, Pantnagar, celebrated International Yoga Day with great enthusiasm, discipline, and public participation. The event was organized under the leadership of Vice-Chancellor Dr. Shivendra Kumar Kashyap and witnessed active participation from deans, directors, faculty members, officers, employees, and students, who performed yoga collectively. On this occasion, the University's First Lady, Mrs. Renu Kashyap, along with members of the Ladies Club, also enthusiastically participated in the Yoga Day celebrations.

Addressing the gathering, Dr. Kashyap emphasized that yoga is not limited to physical well-being; rather, it serves as a medium for harmonizing the body, mind, intellect, and soul. He described yoga as an invaluable heritage of Indian culture that inspires individuals to lead balanced, healthy, and positive lives. He noted that yoga helps in controlling mental fluctuations and enables individuals to attain mental peace and inner strength. He urged everyone to make yoga a regular part of their daily routine.

The most attractive and widely appreciated highlight of the event was the Equestrian Yoga Demonstration presented by the University's NCC cadets, which gave the celebration a distinctive identity. The trained equestrian cadets performed a remarkable display of yoga postures, balance, concentration, and horsemanship while riding horses in controlled motion. This rare fusion of yoga and equestrian art mesmerized the audience and elevated the event to a new level.

During the performance, the cadets showcased exceptional courage, discipline, self-confidence, mental focus, and physical control, presenting an inspiring example of youth potential, leadership qualities, and professional training. Several yoga postures performed amid the movement of the horses thrilled the spectators. Throughout the demonstration, the audience remained captivated by the riders, whose extraordinary balance and skill left everyone amazed. At the conclusion of the performance, the entire venue resonated with thunderous applause.

This unique presentation of Equestrian Yoga conveyed the message that yoga is not merely a spiritual practice but also a foundation for courage, balance, self-discipline, leadership, and excellence. The remarkable combination of yoga and valor effectively highlighted the strength of Indian youth, the spirit of discipline, and the significant role of NCC in nation-building.

Yoga expert Ms. Rajeshwari Pokhariya demonstrated various yoga postures, pranayama techniques, and other yogic practices, guiding participants through the exercises. The programme was conducted by Mr. K.P. Singh.

On this occasion, members of the University community collectively resolved to adopt a healthy lifestyle and promote yoga among the masses. The event not only enhanced awareness about yoga but also reinforced the values of Indian knowledge traditions, discipline, and self-confidence. This unique blend of yoga and valor made the International Yoga Day celebration a memorable event in the University's history.

The successful organization of the programme was made possible through the significant contributions of Dr. Vipin Chandra Dhyani, Dean of Student Welfare; Dr. G.S. Bohra, In-charge, Physical Education; Dr. Poonam Tyagi, Associate Director of Physical Education; Dr. Bhaskar Tiwari; and Dr. H.S. Papola. Officers and staff members of the Department of Student Welfare and the Physical Education Section also extended valuable support in ensuring the success of the event.

