

# Doshi Vakil Arts College and G.C.U.B. Science & Commerce College,

At. – Goregaon, Tal.- Mangoan, Dist. - Raigad 402103

## National Cadet Corps (NCC)

### International Day of Yoga 2017: REPORT

<b>Program Name</b>	International Day of Yoga 2017
<b>Date and time</b>	21 <sup>st</sup> June 2017, 07:00 am
<b>Venue</b>	Rukminiben Mangalkaryalay, Goregaon - Raigad
<b>Program Objectives:</b>	<ol style="list-style-type: none"><li>1. To recite and practice yoga.</li><li>2. Celebration of International Day of Yoga.</li><li>3. To enable NCC cadets to have good mental and physical health by practicing yoga.</li><li>4. To spread Yoga awareness among youth so as to make them volunteer for society.</li></ol>
<b>Program Organized by:</b>	<ol style="list-style-type: none"><li>1. National Cadet Corps (NCC) sub-unit of Doshi Vakil Arts College and G.C.U.B. Science &amp; Commerce College, Goregaon – Raigad</li><li>2. 2 Maharashtra Engineer Regiment NCC, IIT Bombay, Powai, Mumbai</li></ol>
<b>Co-ordinated by</b>	<ol style="list-style-type: none"><li>1. Mr. Rakesh Pawar, CTO – NCC, 2 Mah. Engr. Regt. NCC and other ranks.</li></ol>
<b>Participants</b>	05 Girl cadets, 18 Boy cadets. Total: 23 NCC cadets. Teachers: 15 Non-teaching staff: 07
<b>Brief Report of Program</b>	<ul style="list-style-type: none"><li>• On 21<sup>st</sup> June 2017, College celebrated International Yog Day with the active participation of students, teachers and non-teaching staff.</li><li>• Principal Dr. G. D. Giri and Mr. R. L. Pawar planed detailed schedule of the event with consulting Management of the College.</li><li>• Notice of the event being circulated earlier throughout all classes and also to all teaching and non-teaching staff of the college.</li><li>• The program started on 21<sup>st</sup> June 2017 at 07:00 am in the morning.</li><li>• Display board and projector is being used for the demonstration of the Yog Protocol through video to all participating students and staff. Yoga protocol developed by Ministry of Ayush, Government of India is used for smooth conduct.</li><li>• Uniform dress code was white T-shirt and track suit.</li></ul>



- All participants performed Yogasanas followed by *Anulom-Vilom* and *Kapalbhati*. During event all important pros and cons of Yog protocol have been explained to participants.
- The event concluded at 08.15 pm. with the refreshment provided to all participants.
- Event concluded with attendance of NCC cadets and vote of thanks.



NCC cadets enjoyed event and attended pledge to make Yoga an integral part of daily life and obtained certificate online.

*[Signature]*  
**CTO - NCC**  
**2 MAH. ENGR. REGT NCC**  
**Mangaon Taluka Education Society's**  
**Doshi Vakil Arts College and**  
**G.C.U.B. Science & Commerce College**  
**Goregaon-Raigad (402 103)**

*[Signature]*  
**PRINCIPAL**  
**Mangaon Taluka Education Society's**  
**Doshi Vakil Arts College and**  
**G.C.U.B. Science & Commerce College**  
**Goregaon-Raigad (402 103)**

## Notice

Date: 19/06/2017

All the members of teaching and non-teaching staff are hereby informed that International Yoga Day-2017 will be celebrated in our college on Wednesday, 21<sup>st</sup> June, 2017 at 06.45 am in Rukminiben Mangalkaryalaya, All are requested to remain present at 06.45 am at the venue.




  
PRINCIPAL  
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Doshi Vakil Arts College and  
G.C.U.B. Science & Commerce College  
Goregaon-Raigad (402 103)

## Notice

Date: 19/06/2017

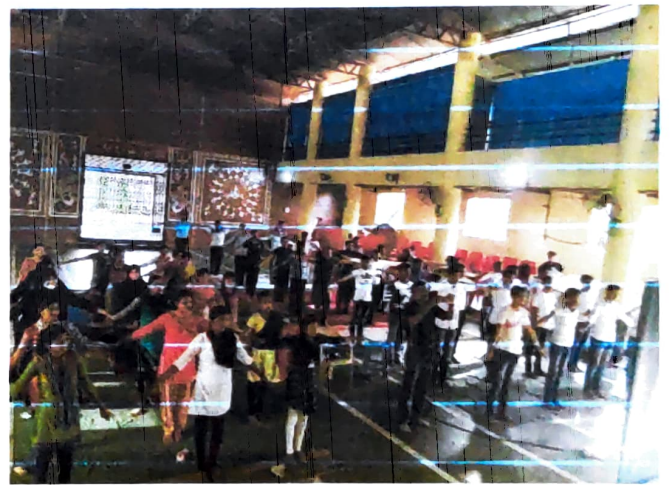
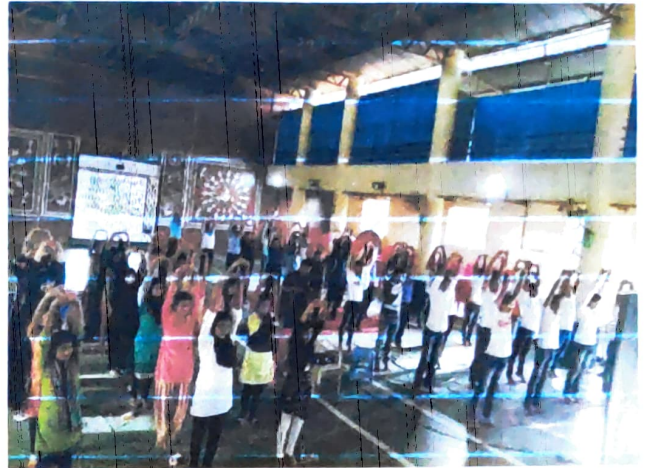
All NCC cadets are hereby informed that International Yoga Day will be celebrated in our College on Wednesday, 21<sup>st</sup> June, 2017 at 06.45 am. All NCC cadets are required to remain present at 06.45 am in the college. Cadets remaining absent will not be allowed to appear for NCC 'B' / 'C' certificate examination as the directions given by Commanding Officer.



  
CTO - NCC  
2 MAH ENCR. REGT NCC  
Mangaon Taluka Education Society's  
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G.C.U.B. Science & Commerce College  
Goregaon-Raigad (402 103)

  
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Photographs of the event: International Yoga Day- 2017



**NCC cadets and Teachers performing Yoga demonstrated through Projector**

*Janvar*  
**CTO - NCC**  
**2 MAH. ENGR. REGT NCC**  
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*Julc*  
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**Goregaon-Raigad (402 103)**

*Mangaon Taluka Education Society's*  
**Doshi Vakil Arts College and GCUB Science & Commerce College,**  
 At - Goregaon, Tal.-Mangaon, Dist- Raigad

**National Cadets Corps (NCC)**  
**Unit: 2 Maharashtra Engineer Regiment NCC**

Name of the Activity: International Yoga Day Date: 21/06/2017  
 Venue: Lakminiben Mangal Karayalay Time: 6:45 am.  
Doshi Vakil College, Goregaon.

**Attendance Sheet**

Sr. No.	Regt. No.	Name of the Cadet	Signature
1.	2MAH/SD/2015/102320	Rahatwilkar Faujan	Faujan
2.	2MAH/SD/2015/102312	Mhabale Sameer	Sameer
3.	2MAH/SD/2015/102316	Turuk Ashfahan	Ashfahan
4.	2MAH/SD/2015/102314	Mohite Uddesh	Uddesh
5.	2MAH/SD/2015/102321	Patel Hirenchai	Hirenchai
6.	2MAH/SD/2015/102318	Pendhari Rupesh	Rupesh
7.	2MAH/SD/2015/102317	Topil Sudarshan	Sudarshan
8.	2MAH/SD/2015/102310	Satve Roshan	Roshan
9.	2MAH/SD/2015/102325	Pakhad Mahadev	AB
10.	2MAH/SD/2015/102306	Shaikh Shuaib	Shuaib
11.	2MAH/SD/2015/102313	Khan A Rahim	Rahim
12.	2MAH/SD/2015/102322	Prasad Rajan	Rajan
13.	2MAH/SW/2015/102300	Malli Sumaiya	Sumaiya
14.	2MAH/SW/2015/102301	Baikar Ruchita	Ruchita
15.	2MAH/SW/2015/102304	Manave Aparna	AB
16.	MH16SDA637013	Bade Prathmesh	Prathmesh
17.	MH16SDA637003	Dhamal Pranit	Pranit
18.	MH16SDA637016	Kadu Yogeshwar	Yogeshwar
19.	MH16SDA637014	Karkare Anket	Anket
20.	MH16SDA637001	Saigaonkar Aniket	Aniket
21.	MH16SDA637017	Sakpal Deepak	Deepak
22.	2MAH/SD/2015/102330	Salvi Diptesh	Diptesh
	MH16SWA637001	Shinde Ankita	Ankita
24.	MH16SWA637003	Mestri Seema	Seema
	MH16SWA637002	Rokade Ravina	Ravina



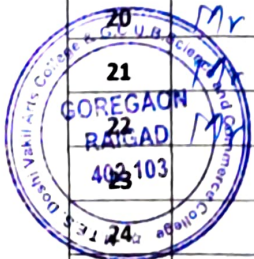
# Doshi Vakil Arts College and G.C.U.B. Science & Commerce College,

At.-Goregaon, Tal.-Mangaon, Dist.-Raigad

Name of Activity : International Yoga Day Dept./Assoc. NCCDate of Activity : 21/06/2017 Time : 6:45 am Venue : Rukminiben Mangalkaryalaya  
Doshi Vakil College, Goregaon

## Attendance Sheet

Sr.No.	Name of Students/Staff	Roll No./Staff No. Designation	Class	Signature
1	Dr. G. D. Giri	Principal	-	
2	Dr. S. B. Chandorkar.	Asst. Prof.	-	
3	Mr. B. T. Vibhute.	Asst. Prof.	-	
4	Mr. N. A. Patil.	Asst. Prof.	-	
5	Dr. P. V. Pimplapure.	Asst. Prof.	-	
6	Dr. J. B. Thakur.	Asst. Prof.	-	
7	Mr. A. J. Ghoti	Asst. Prof.	-	
8	Mr. J. R. Sanap.	Labrarian.	-	
9	Mr. P. N. Chavan.	Asst. Prof.	-	
10	Mr. I. R. Dhole.	Asst. Prof.	-	
11	Mr. A. P. Salve.	Asst. Prof.	-	
12	Mr. V. C. Patil.	Asst. Prof.	-	
13	Mr. R. L. Pawar.	Asst. Prof.	-	
14	Mr. S. S. Kadam.	Asst. Prof.	-	
15	Mr. P. B. Nagre.	Asst. Prof.	-	
16	Mr. Jayesh Sheth.	OS	-	
17	Mr. Nayan Undhare	Sr. clerk	-	
18	Mr. Madhavi.		-	
19	Mr. Vipul Metha.	Lab. Asst.	-	
20	Mr. Rawool.	Tr. clerk	-	
21	Kamat.		-	
22	B. V. Kadam.		-	
23			-	
24			-	
25			-	



PRINCIPAL

Mangaon Taluka Education Society's  
Doshi Vakil Arts College and  
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Goregaon-Raigad (402 103)

Chairperson's Signature

2 MAH ENGR REGT NCC  
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