

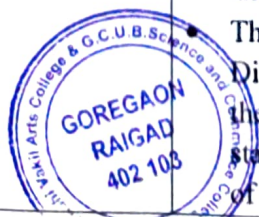
Doshi Vakil Arts College and G.C.U.B. Science & Commerce College,

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

National Cadet Corps (NCC)

International Day of Yoga 2018: REPORT

Program Name	International Day of Yoga 2018
Date and time	21 st June 2018, 07:00 am
Venue	Rukminiben Mangalkaryalay, Goregaon - Raigad
Program Objectives:	<ol style="list-style-type: none">1. To recite and practice yoga.2. Celebration of International Day of Yoga.3. To enable NCC cadets to have good mental and physical health by practicing yoga.4. To spread Yoga awareness among youth so as to make them volunteer for society.
Program Organized by:	<ol style="list-style-type: none">1. National Cadet Corp (NCC) sub-unit of Doshi Vakil Arts College and G.C.U.B. Science & Commerce College, Goregaon – Raigad2. 2 Maharashtra Engineer Regiment NCC, IIT Bombay, Powai, Mumbai
Co-ordinated by	<ol style="list-style-type: none">1. Mr. Rakesh Pawar, CTO – NCC, 2 Mah. Engr. Regt. NCC and other ranks.
Participants	08 Girl cadets, 11 Boy cadets. Total: 19 NCC cadets. Teachers: 14 Non-teaching staff: 08
Brief Report of Program	<ul style="list-style-type: none">• On 21st June 2018, College celebrated International Yog Day with the active participation of students, teachers and non-teaching staff.• I/C Principal Dr. S. B. Chandorkar and Mr. R. L. Pawar planed detailed schedule of the event with consulting Management of the College.• Notice of the event being circulated earlier throughout all classes and also to all teaching and non-teaching staff of the college. <p>The program started on 21st June 2018 at 6.45 am in the morning. 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.</p>



	<ul style="list-style-type: none"> • Uniform dress code was white T-shirt and track suit. • All participants performed Yogasanas followed by <i>Anulom-Vilom</i> and <i>Kapalbhati</i>. 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.
<p>Concluding Remark</p>	<p>NCC cadets enjoyed event and attended pledge to make Yoga an integral part of daily life and obtained certificate online.</p>



Tejwar

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)

IQAC CO-ORDINATOR

Mangaon Taluka Education Society's
Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College
Goregaon-Raigad (402103)

Princpal

I/C PRINCIPAL

Mangaon Taluka Education Society's
Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College
Goregaon-Raigad (402103)

No: 73/2018-19

Notice

Date: 20/06/2018

All NCC cadets are hereby informed that International Yog Day will be celebrated in our college on Thursday 21st June 2018 at 07.00 am. 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.


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Deshi Vastu Arts College and
J.C.U.B. Science and Commerce College
Goregaon-Raigad (402 103)




I/Principal

MANGAON TALUKA EDUCATION SOCIETY
Deshi Vastu Arts College &
Goregaon-Raigad Sahakari Bank
Science and Commerce College
GOREGAON-RAIGAD. (402 103)

Photographs of the event: International Yoga Day- 2018



NCC cadets and Teachers performing Yoga demonstrated through Projector

[Signature]

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Goregaon-Raigad (402103)



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I/C PRINCIPAL
Mangaon Taluka Education Society's
Doshi V. K. Arts, Science & Commerce College
Goregaon-Raigad (402103)

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: 21/06/2018

Venue: Rukminiben Mangalkarnalaya Time: 6:45 am
Doshi Vakil College Goregaon

Attendance Sheet

Sr. No.	Regt. No.	Name of the Cadet	Signature
1.	MH17SDA637002	Akshay Keshav Khedekar	
2.	MH17SDA637006	Jayesh Raju Zore	
3.	MH17SDA637009	Prem Ramdas Mohite	AB
4.	MH17SDA637011	Rajesh Bal Wadhaval	
5.	MH17SDA637014	Rushikesh Prashant Parade	
6.	MH17SDA637015	Shubham Dipak Sawant	
7.	MH17SDA637016	Siddesh Balkavade	
8.	MH17SDA637017	Siddesh Shankar Shinde	AB
9.	MH17SDA637020	Vijay Vishnu Surve	
10.	MH17SWA637001	Dikshita Dinesh Salvi	
11.	MH17SWA637002	Harshada Raghunath Powar	AB
12.	MH17SWA637004	Prachiti Balkrushna Karjawkar	
13.	MH17SWA637005	Pratiksha Raju Karkare	
14.	MH17SWA637006	Shivani Somnath Paste	
15.	MH17SWA637007	Shweta Ashok Hate	
16.	MH17SWA637008	Sonal Dagadu Bhojane	
17.	MH17SWA637009	Tanuja Eknath Bhuvad	AB
18.	MH16SDA637013	Bade Prathamesh Dipak	
19.	MH16SDA637003	Dhamal Pranit Gorakhnath	
20.	MH16SDA637016	Kadu Yogeshwar Ulhas	
21.	MH16SDA637014	Karkare Anket Ashok	
	MH16SWA637001	Shinde Ankita Laxman	AB
	MH16SWA637003	Mestri Seema Ramesh	
	MH16SWA637002	Rokade Ravina Sattsh	



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Goregaon, Tal. (402 103)

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Mangaon Taluka Education Society's
Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College
Goregaon-Raigad (402103)

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 : 21/06/2018 Time : 6:45 am Venue : Rukminiben Mangalkayal Doshi Vakil College, Goregaon.**Attendance Sheet**

Sr.No.	Name of Students/Staff	Roll No./ Staff No. Designation.	Class	Signature
1	Dr. S. B. Chandorkar	I/c principal		
2	Mr. A. P. Salve	Asst. Prof.		
3	Mr. S. S. Kadam	Asst. Prof.		
4	Mr. I. R. Dhole	Asst. Prof.		
5	Mr. S. R. Sayyed	Asst. Prof.		
6	Mr. P. N. Chavan	Asst. Prof.		
7	Dr. J. R. Sonap	Asst. Prof.		
8	Dr. P. V. Pimplapure	Asst. Prof.		
9	Mr. P. B. Nagore	Asst. Prof.		
10	Mr. R. L. Powar	Asst. Prof.		
11	Mr. B. S. Kharade	Asst. Prof.		
12	Mr. B. T. Vibhute	Asst. Prof.		
13	Dr. J. B. Thakur	Asst. Prof.		
14	Mr. V. C. Patil	Asst. Prof.		
15	Mr. Jayesh Sheth			
16	Mr. Nayan Undhare	H. clerk		
17	Mr. Madhavi			
18	Mr. Rawool	H. clerk		
19	Mr. Vipul Metha	Lab. Asst.		
20	Mr. Salunke			
21	Mr. Kamat	L		
22	Mr. Mhaprolkar			
23				
24				
25				

**I/C PRINCIPAL**

Mangaon Taluka Education Society's
Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College
Goregaon-Raigad (402103)

Chairperson's Signature

2 MAH. F. R. REGT. NCC
Mangaon Taluka Education Society's
Dist. Raigad