

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

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

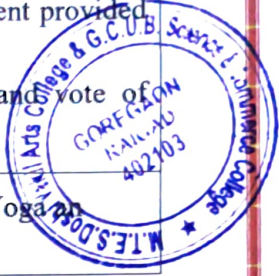
National Cadet Corps (NCC)

International Day of Yoga 2019: REPORT

Program Name	International Day of Yoga 2019
Date and time	21 st June 2019, 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
Organizing Committee	<ol style="list-style-type: none">1. Mr. Rakesh Pawar, CTO – NCC, 2 Mah. Engr. Regt. NCC and other ranks.2. Mr. I. R. Dhole3. Dr. P. V. Pimplapure
Participants	15 Girl cadets, 11 Boy cadets. Total: 26 NCC cadets. Teachers: 12 Non-teaching staff: 06
Brief Report of Program	<ul style="list-style-type: none">• On 21st June 2019, College celebrated International Yog Day with the active participation of students, teachers and non-teaching staff.• I/C Principal Dr. J. B. Thakur constituted Yog Day Committee for organisation of Internationa Yog Day.• Committee planed detailed schedule of the event with consulting Management and Principal 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 2019 at 07.00 am in the morning. Display board and projector is being used for the demonstration of</p>



	<p>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 08.30 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>



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Doshi Vakil Arts College and
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Goregaon-Raigad (402 103)

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

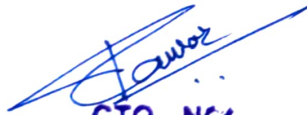
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I/C PRINCIPAL
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Goregaon-Raigad (402103)

Notice

Date: 15/06/2019





All NCC cadets are hereby informed that International Yoga Day will be celebrated in our College on Thursday 21st June 2019 at 07.00 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.





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- 1) SY BSc: 
- 2) TJ BSc: - 
- 3) SJ B Com: 
- 4) TJ B Com: 

- 5) SJ B A. - 
- 6) TJ B A.: 

Notice

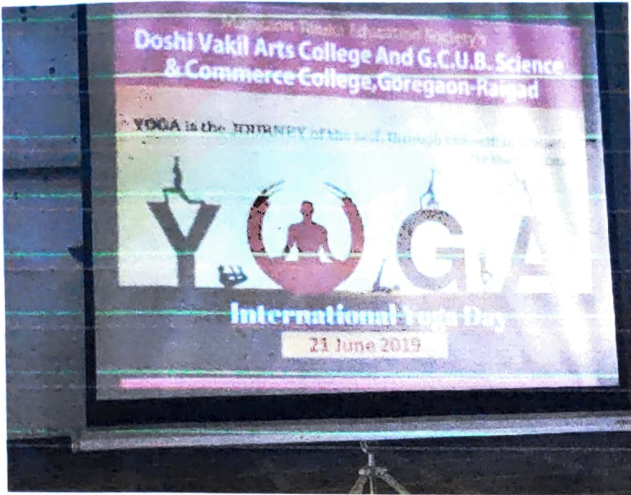
Date: 15/06/2019

All the members of teaching and non-teaching staff are hereby informed that International Yoga Day-2019 will be celebrated in our college on Thursday, 21st June, 2019 at 07.00 am in Rukminiben Mangalkaryalaya, All are requested to remain present at 06.45 am in the venue.



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Photographs of the event: International Yoga Day- 2019



NCC cadets and Teachers performing Yoga demonstrated through Projector


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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: 21/06/2019

Venue: Rukminiben Mangalkaryalaya,
Doshi Vakil College, Goregaon-Raigad. Time: 06:45 am onwards.

Attendance Sheet

Sr. No.	Regt. No.	Name of the Cadet	Signature
1.	MH16SDA637013	Bade Prathamesh Dipak	<i>Bade</i>
2.	MH16SDA637003	Dhamal Pranit Gorakhnath	<i>Pranit</i>
3.	MH16SDA637016	Kadu Yogeshwar Ulhas	<i>Kadu</i>
4.	MH16SDA637014	Karkare Anket Ashok	<i>Karkare</i>
5.	MH16SDA637017	Sakpal Deepak Vijay	<i>Sakpal</i>
6.	MH16SWA637001	Shinde Ankita Laxman	<i>Shinde</i>
7.	MH16SWA637003	Mestri Seema Ramesh	<i>Mestri</i>
8.	MH16SWA637002	Rokade Ravina Satish	<i>Rokade</i>
9.	MH17SDA637002	Akshay Keshav Khedekar	<i>Akshay</i>
10.	MH17SDA637006	Jayesh Raju Zore	<i>Jayesh</i>
11.	MH17SDA637009	Prem Ramdas Mohite	<i>Prem Mohite</i>
12.	MH17SDA637011	Rajesh Bal Wadhaval	<i>Rajesh</i>
13.	MH17SDA637014	Rushikesh Prashant Parade	<i>Rushikesh</i>
14.	MH17SDA637015	Shubham Dipak Sawant	<i>Shubham</i>
15.	MH17SDA637016	Siddesh Chandrakant Balkavade	<i>Siddesh</i>
16.	MH17SDA637017	Siddesh Shankar Shinde	<i>Shinde</i>
17.	MH17SDA637020	Vijay Vishnu Surve	<i>Surve</i>
18.	MH17SWA637001	Dikshita Dinesh Salvi	<i>Salvi</i>
19.	MH17SWA637002	Harshada Raghunath Powar	<i>Powar</i>
20.	MH17SWA637004	Prachiti Balkrushna Karjawkar	<i>Prachiti</i>
21.	MH17SWA637005	Pratiksha Raju Karkare	<i>Pratiksha</i>
22.	MH17SWA637006	Shivani Somnath Paste	<i>Paste</i>
23.	MH17SWA637007	Shweta Ashok Hate	<i>Hate</i>
24.	MH17SWA637008	Sonal Dagadu Bhojane	<i>Bhojane</i>
25.	MH17SWA637009	Tanuja Ramesh Bhuvad	<i>Bhuvad</i>

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Name of the Activity : International Yoga Day Date: 21/06/2019

Venue : Rukminiben Mangalkuyalaya Time: 06:45 am onwards.
Doshi Vakil College. Goregaon. Raigad

Staff Attendance Sheet

Sr. No.	Name of the Staff	Designation	Signature
1.	Dr. J. B. Thaker	Le Principal	
2.	Dr. P. V. Pimplapur	Asst. Professor	
3.	Mr. J. R. Dhole	Asst. Prof.	
4.	Mr. R. L. Pawar	Asst. Prof.	
5.	Dr. S. B. Chandarkar	Asst. Prof.	
6.	Mr. N. A. Patil	Asst. prof.	
7.	Mr. V. C. Patil	Asst. Prof.	
8.	Mr. Salve A. P.	Asst. Prof.	
9.	Mr. Vibhute B. T.	Asst. Prof.	
10.	Mr. Nagare P. B.	Asst. prof.	
11.	Mr. Charan P. N.	Asst. Prof.	
12.	Mr. Jayesh Shet		
13.	Mr. Vipul Methy		
14.	Mr. Salunke S. S.		
15.	Mr. Madhavi R. S.	sr. clerk	
16.	Mr. Pawar	Tr. clerk	
17.	Mr. Mhaparkar		
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