

Date: 17/06/2020

**Notice**

**National Cadet Corps: International Day of Yoga (IDY)**

The International Day of Yoga 2020 presents an occasion to underline the health benefits of Yoga and motivate the public to take up the pursuit of Yoga. Taking cognizance of the current COVID – 19 situation, it is not advisable to organize events that require congregation of people for observing IDY 2020.

Therefore, all NCC cadets are informed to observe IDY 2020 on 21<sup>st</sup> June 2020 from your home by the use of digital, virtual and electronic platforms. Also you may be volunteer to encourage your family members to practice yoga.

--Sd--

**(R. L. Pawar)**

CTO - NCC

--Sd--

**I/C Principal**

Notice to be communicated to NCC cadets through WhatsApp group by CTO.

*Communicated to cadets through "whatsApp".*

*Pawar*

*(Mr. R. L. Pawar)*

*CTO - NCC*



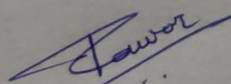
*[Signature]*  
**I/C PRINCIPAL**  
Goregaon Taluka Education Society's  
Doshi Vakil Arts College and  
G.C.U.B. Science & Commerce College  
Goregaon-Raigad (402 103)

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

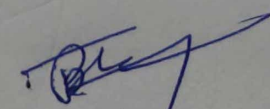
***NATIONAL CADET CORPS (NCC)***

**International Day of Yoga (IDY) 2020: REPORT**

<b>Program Name</b>	International Day of Yoga (IDY) 2020
<b>Date and time</b>	21 <sup>st</sup> June 2020, 07:00 am
<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 Corp (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>Organizing Committee</b>	Lt. Rakesh Pawar, Associated NCC officer 2 Mah. Engr. Regt. NCC and other ranks.
<b>Participating Cadets</b>	25 cadets of second and third year of NCC.
<b>Brief Report of Program</b>	<ul style="list-style-type: none"><li>• International Day of Yoga is celebrated on 21<sup>st</sup> June 2020 by NCC unit of Doshi Vakil Arts College and G.C.U.B. Science &amp; Commerce College, Goregaon – Raigad at 07 am by watching videos on YouTube.</li><li>• Lt Rakesh Pawar ANO along with PI staff of 2 Mah Engr Regt NCC coordinated the conduct of this event. Yoga protocol developed by Ministry of Ayush, Government of India is used for smooth conduct.</li><li>• Total of 25 cadets of NCC participated in this event from their home amid Covid-19 scenario. Uniform dress code was white T-shirt and track suit.</li><li>• Cadets practiced various <i>Asanas</i>, <i>Kapal-bhati</i>, <i>Anulom-Vilome</i>, and meditation for about 55 minutes.</li></ul>
<b>Concluding Remark</b>	NCC cadets enjoyed event and attended pledge to make Yoga an integral part of daily life.

  
(Mr. R.L. Pawar)  
CTO - NCC



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