

Date: 15/06/2021

Notice

National Cadet Corps

International Day of Yoga - 2021

The International Day of Yoga 2021 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, IDY will be celebrated on virtual platform through Google meet on 21st June, 2021 at 07:00 am at your home by following Protocol (CYP) at home with your families.

The link for google meet will be shared on Whatsapp group.

Dress Code: White T-shirt and dark coloured track pant


15/6/21

(R. L. Pawar)

Lt

Associated NCC Officer
2 MAH ENGR REGT NCC
Doshi Vakil College,
Goregaon - Raigad





(Dr. N. R. Mirajkar)

I/C

Mahe Taluka
Doshi Vakil Arts College and
G.C.U.B. Science and Commerce College
At -Goregaon Tal -Raigad Dist -Raigad-402103



Mangaon Taluka Education Society's

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

Goregaon-Raigad 402103

Est. 1998, Accredited by NAAC with 'B' Grade

Permanently Affiliated to University of Mumbai

Mr. Ramanlal N. Sheth
President

Mr. Dilipbhai N. Sheth
Chairman

Mr. Shantilal Metha
President (CDC)

Dr. N. R. Mirajkar
I/C Principal

National Cadet Corps

International Day of Yoga 2021: REPORT

Program Name	International Day of Yoga 2021
Date and time	21 st June 2021, 07:00 am
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	Lt. Rakesh Pawar, Associated NCC officer 2 Mah. Engr. Regt. NCC and other ranks.
Participating Cadets	25 cadets of second and third year of NCC.
Brief Report of Program	<ul style="list-style-type: none">• International Day of Yoga is celebrated on 21st June 2021 by NCC unit of Doshi Vakil Arts College and G.C.U.B. Science & Commerce College, Goregaon – Raigad at 07 am on online platform Google meet.• 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.• 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.



	<ul style="list-style-type: none"> • Cadets practiced various <i>Asanas</i>, <i>Kapal-bhati</i>, <i>Anulom-Vilome</i>, and meditation for about 55 minutes. • Event concluded with attendance of NCC cadets and vote of thanks.
Concluding Remark	NCC cadets enjoyed event and attended pledge to make Yoga an integral part of daily life and obtained certificate online.

Pawar
30/6/2024

(R. L. Pawar)

Lt
Associated NCC Officer
2 MAH ENGR REGT NCC
Doshi Vakil College,
Goregaon - Raigad

[Signature]

IQAC Coordinator



[Signature]

(Dr. N. R. Mirajkar)

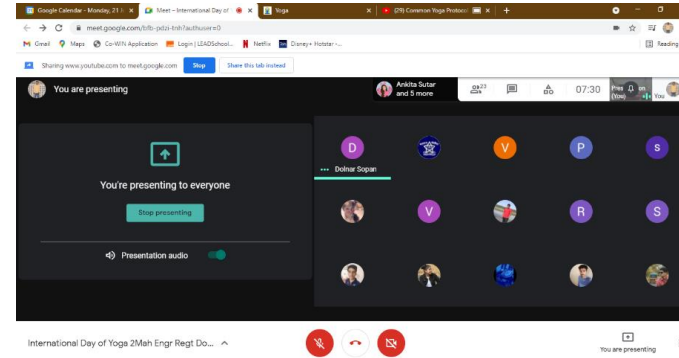
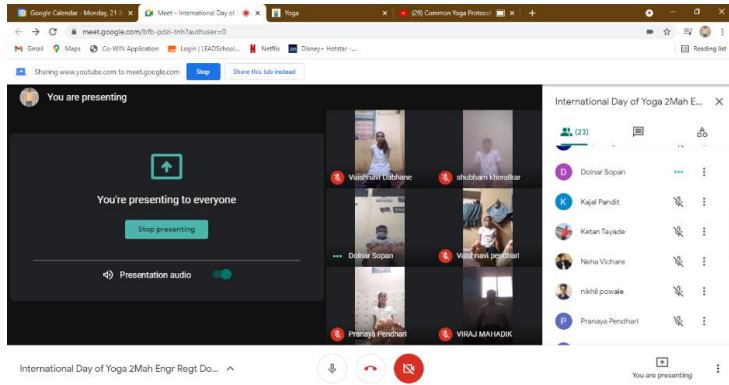
I/C PRINCIPAL

Maadon Taruk Education Society,
Doshi Vakil Arts College and
G.C.U.B. Science and Commerce College
At -Goregaon Taluka -Raigad Dist -Raigad -402 103

International Day of Yoga: 21st June, 2021

Activity Photographs: Screenshots

NCC cadets participated in International Day of Yoga from their homes through Google meet platform



NCC cadets practising *Yoga asnas*

NCC cadets participated in Yoga day from their homes

