

Mangaon Taluka Education Society's

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

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

International Day of Yoga - 2023: Report

Academic Year	2023-24																
Name of the activity	International Day of Yoga - 2023																
Organised by	National Cadet Corps (NCC)																
Date & time	Wednesday, 21 June 2023 Time: 07 am to 08 am																
Venue	Rukminiben Mangal Karyalay, Goregaon																
Convenor/ Co-Ordinator	Lt R. L. Pawar Associated NCC Officer																
Activity Beneficiaries	NCC cadets, students, Teachers and non-teaching staff																
No. of Beneficiaries	Students: 33 <table border="1"><thead><tr><th></th><th>Second Year</th><th>Third Year</th><th>Total</th></tr></thead><tbody><tr><td>Boys</td><td>06</td><td>07</td><td>13</td></tr><tr><td>Girls</td><td>08</td><td>12</td><td>20</td></tr><tr><td colspan="3">Grand Total</td><td>33</td></tr></tbody></table> Teachers: 12 Non-teaching staff members: 09		Second Year	Third Year	Total	Boys	06	07	13	Girls	08	12	20	Grand Total			33
	Second Year	Third Year	Total														
Boys	06	07	13														
Girls	08	12	20														
Grand Total			33														
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.																



Brief Information about the activity	<ul style="list-style-type: none"> • International Day of Yoga is celebrated on 21st June 2023 by NCC unit of Doshi Vakil Arts College and G.C.U.B. Science & Commerce College, Goregaon – Raigad at 07 am. • The event is co-ordinated by Lt Rakesh Pawar along with Dr. P. V. Pimlapure. • Yoga protocol developed by Ministry of Ayush, Government of India is used for smooth conduct. • Total of 33 cadets of NCC participated in this event. Uniform dress code was white T-shirt and track suit. • Cadets practiced various <i>Asanas, Kapal-bhati, Anulom-Vilome</i>, and meditation for about 55 minutes. • After the event cadets were given refreshment. • Event concluded with attendance of NCC cadets and vote of thanks.
Activity Outcome	NCC cadets enjoyed event and attempted pledge to make Yoga an integral part of daily life and obtained certificate online.

R. L. Pawar

(R. L. Pawar)

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



For *3/6/23*

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Goregaon-Raigad (402 103)

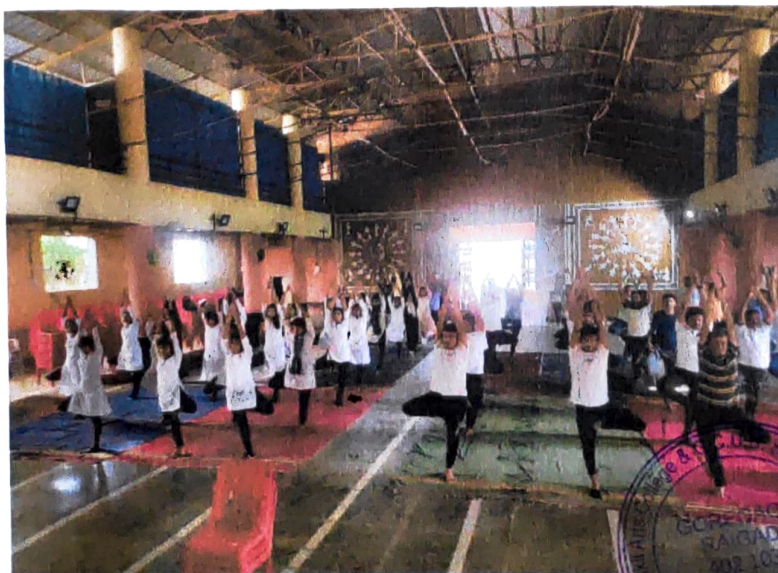
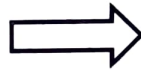
Photographs of International Day of Yoga - 2023



Students and staff performing various Asanas




Students and staff performing Tadasan



Students and staff performing Vrukshasan



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NCC cadets performing various Asanas

Pawar

(R. L. Pawar)
 Lt
 Associated NCC Officer
 2 MAH ENGR REGT NCC
 Doshi Vakil College,
 Goregaon - Raigad



For 31/6

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Mangaon Taluka Education Society's
**Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College,**

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Notice No.: 794/KVM/2023-24

Date: 19/06/2023

Notice

National Cadet Corps: International Day of Yoga – 2023

All the NCC cadets are hereby informed that, we are celebrating the International Day of Yoga (IDY-2023) on 21st June 2023 with the objective to underline the health benefits of Yoga as well as to motivate the youth to take up the pursuit of Yoga. So, all the NCC cadets will participate in the IDY-2023 celebration program which is to be organised in our College at 06:45 am on 21st June 2023. Attendance is compulsory.

Dress code: white T-shirt, blue / black track pant

NCC च्या सर्व कॅडेड्सना सूचित करण्यात येते कि, दि. २१ जून २०२३ रोजी सकाळी ०६.४५ वा. आपल्या महाविद्यालयात आंतरराष्ट्रीय योग दिवस साजरा करण्यात येत असून त्यासाठी सर्व NCC कॅडेड्सनी उपस्थित राहणे अनिवार्य आहे. जे कॅडेड्स अनुपस्थित राहतील त्यांना NCC च्या प्रमाणपत्र परीक्षा देता येणार नाही.

Pawar
19/6/2023

(R. L. Pawar)
Lt
Associated NCC Officer
2 MAH ENGR REGT NCC
Doshi Vakil College,
Goregaon - Raigad









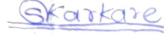



For *[Signature]*

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2 Maharashtra Engineer Regiment, NCC

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

International Day of Yoga – 2023: Attendance

Sr. No.	Regt No.	Name of the Cadet	Signature
1.	MH21SWA635651	Anjali Ramesh Gaud	
2.	MH21SWA635653	Sanjana Suresh Parave	
3.	MH21SWA635654	Shruti Ashok More	
4.	MH21SWA635655	Dipti Dilip Gugale	
5.	MH21SWA635656	Pratiksha Pravin Surve	
6.	MH21SWA635657	Prajakta Ganesh Yadav	
7.	MH21SWA635658	Shilpa Rupesh Tambe	
8.	MH21SWA635659	Priyanka Pandurang Pangase	
9.	MH21SWA635660	Sakshi Vishwas Karkare	
10.	MH21SWA635661	Neha Nivrutti Sutar	
11.	MH21SWA635662	Mayuri Balam Watere	
12.	MH21SDA635601	Atish Tukaram Batawale	


(R. L. Pawar)

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Goregoan - Raigad



For 

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Goregoan-Raigad (402 103)

2 Maharashtra Engineer Regiment, NCC

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

International Day of Yoga – 2023: Attendance

13.	MH21SDA635602	Chandan Navin Khaire	
14.	MH21SDA635603	Ganesh Pandurang Malore	<u>Gmalore</u>
15.	MH21SDA635608	Sharad Bharat Dhadve	<u>Sharad</u>
16.	MH21SDA635609	Soham Dattaram Pendhari	<u>Soham</u>
17.	MH21SDA635612	Vikaskumar Sanjay Chawan	
18.	MH21SDA635615	Yuvraj Santosh Gamare	<u>Yuvraj</u>
19.	MH22SW635657	Rareshhi Dinesh Madhavi	<u>Rareshhi</u>
20.	MH22SW635652 A	Anjali Jagdish Ghone	<u>Anjali</u>
21.	MH22SWA635663	Sanika Pandurang Pangare	<u>Sanika</u>
22.	MH22SWA635664	Sanika Santosh Sawant	<u>Sanika</u>
23.	MH22SWA635651	Aakanksha Ashwin Khapare	<u>Akhapare</u>
24.	MH22SWA635659	Ruchita Vijay Sapale	Ruchita.V. Sapale.
25.	MH22SWA635660	Sakshi Dnyaneshwar Patole	<u>Sakshi</u>
26.	MH22SWA635661	sakshi sanjay pendhari	<u>Sakshi</u>

Pawar
(R. L. Pawar)

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For







Principal

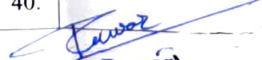
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International Day of Yoga – 2023: Attendance

27.	MH22SWA635653	Dipali Dattaram Pashte	
28.	MH22SDA635606	Niraj Sandeep Minde	
29.	MH22SDA635610	Suyash Prasad Jadhav	
30.	MH2022SDA635601	Dipesh Jaywant Sutar	D.J. Sutar
31.	MH2022SDA635602	KETAN GANGARAM HIRJE	
32.	MH2022SDA635609	SUSHANTH Shivaji RAUT	
33.	MH2022SDA635605	NIKHIL DASEKATE	
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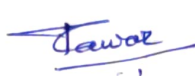






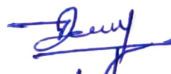

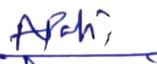










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Date: 21/06/2023

International Day of Yoga-2023
Staff Attendance Sheet

- 1) Mr. Dhote I.R. 
- 2) Dr. Chavan P.M. 
- 3) Mr. R.L. Pawar 
- 4) Mr. P.B. Nagore 
- 5) Dr. S.B. Chandorkar 
- 6) Dr. Subhash 
- 7) Sayyed S.R. 
- 8) Dr. Kharade B.S. 
- 9) Mr. P.S. Mule 
- 10) Mr. P.D. Rawool 
- 11) Mr. Ghotji Jind 
- 12) Mr. Patil N.A. 
- 13) Mr. Undhane N.M. 
- 14) Mr. Indrajit Pawar 
- 15) Mr. Kadam B.V. 
- 16) Dr. Parag Pimplapur 
- 17) Mr. R.D. Mamon 
- 18) Mr. S.D. Kary 
- 19) S.S. Gawaskar 
- 20) Mr. V.S. 
- 21) Dr. K.G. M... 




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