



Maj. B. K. Sakhare
NCC-45218
Associate NCC Officer
S.D.College, Palghar
Mo. No. 9665652975

3 Maharashtra Bn,
NCC Building, third floor
Old secretarial compound
Mumbai 32

NOTICE

All NCC Cadets are hereby instructed that the meeting is arranged for the activity of International Yoga Day taking place on 21/06/2018 and your presence is required for the meeting on 20/06/2018 at 9:00 a.m. regarding the conduction and practice.

Venue: Amlani Students Rest

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Associate NCC Officer

Attendance Report



Sonopant Dandekar Shiksha Mandali's
**SONOPANT DANDEKAR ARTS, V.S.APTE COMMERCE
 AND M.H.MEHTA SCIENCE COLLEGE,**
 Palghar, Dist-Palghar, Pin- 401 404.
 ☎ Code No. 02525- 252163, Prin.: 252317. Resl.: 252316

ATTENDANCE RECORD

Event : International Yoga day
 Organised by : NCC Unit
 Chief Guest : Dr K. J. Sare Principal
 Date : 21.6.2018 Time : 2.30- Venue : Ambika Yoga Centre Palghar

Sr. No.	Name	Class	Roll No.	Mobile No.	Signature
1	Pohist Deepak B.	TYB Com	80016	8390048252	<i>[Signature]</i>
2	Boorse Shubham Vasudeo	TYBSC	2645	7507181897	<i>[Signature]</i>
3	Chede Akshay Papat	TYB Com	80097	9921914076	<i>[Signature]</i>
4	Ghugre Babaji Navnath	TYBA	872	8412905121	<i>[Signature]</i>
5	Jadhav Vipul Santosh	TYBSC	2671	740179876	<i>[Signature]</i>
6	Khat Rushikesh Suresh	TYBSC	26048	8856876217	<i>[Signature]</i>
7	Mane Rahul Rajendra	TYBSC	6931	7038533281	<i>[Signature]</i>
8	Pande Naman Muktimati	TYBSC	49033	8180827038	<i>[Signature]</i>
9	Patil Vchit Ajay	TYB Com	80032	9503604615	<i>[Signature]</i>
0	Shetty Kiran Shekha	TYBSC	2126	87507473049	<i>[Signature]</i>
1	Tsipatl. Alok Nath R	TYBSC	2639	7758014431	<i>[Signature]</i>
2	Bhuyal Dipat Roshan	XI	1614	7030579269	<i>[Signature]</i>
3	Bujad Mahesh Manoj	SYBA	405	9823930055	<i>[Signature]</i>
4	Dhumal Satyam Mohan	SYBSC	25028	7387317454	<i>[Signature]</i>
5	Govari Pramad Ganagan	SYBA	409	7258840501	<i>[Signature]</i>
6	Govari Ratish Laxya	SYBA	387	9823437584	<i>[Signature]</i>
7	Hadal Sandesh Shankar	SYBA	340	9158286189	<i>[Signature]</i>
8	Medha Nikhil Bhayam	SYBSC	410	7507833307	<i>[Signature]</i>
9	Pandey Satyam Sanjay	TYB Com	1210	7030440193	<i>[Signature]</i>
0	Pannar Anil Chelaram	SYBSC	68037	7507003660	<i>[Signature]</i>

Sr. No.	Name	Class	Roll No.	Mobile No.	Signature
21	Rajput Ratan Kansog	XII	1225	744228782	R.R.Kan
22	Sharma Vinit Rathyesha	XII	6106	9764481972	VRSharma
23	Vishwakarma Bhraj M	SyBSc	25028	9778567042	DM/Phulera
24	Yadav Vikash Subhash	SyBSc		9420570671	Yadav
25	Danave Hrutik Kiran	FYBA	3020	8793775054	D.H.
26	Jha Satyam Pawan	FYBSc	6708	7249193251	S.P.Jha
27	Mayekar Pratik Vijay	FYBA	95	9309940562	P.Mayekar
28	Pawar Prathmesh Ramch	FYBcom	1038	7447218685	Pawar P
29	Rokade Sushant Balu	FYBA	154	7758818828	S.Rokade
30	Thakur Mahesh (Th. Anand)	FYBcom	1225	7507301479	Thakur M

International Yoga Day

BRIEFING

The event took place at Sonopant Dandekar College. As we prepare to celebrate International Yoga Day at our college, we must understand the significance of this day and how our participation can contribute to its success. International Yoga Day is observed annually on June 21st. It's a day dedicated to promoting yoga and its many benefits for physical, mental, and spiritual well-being. The United Nations declared this day to celebrate yoga's global significance.

Objectives of the practice

- To create awareness among students and people.
- To motivate to live a healthy life.
- To melt away tension
- To help relieve different types of pain

The Context

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.

The Practice

Sonopant Dandekar College Extension Services – NCC Successfully conducted the International Yoga Day on 21st June 2018. It was inaugurated by the Principal Dr. K.J SAVE with Yoga gurus Mr. & Mrs. Patil, ANO's Major B.K SAKHARE and Captain ANAGHA PADHYE with a total of 100 NCC Cadets.

Outcome

Mental fitness, Immunity Boosted and physical fitness



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Glimpses of the Program

