

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** 

Maj. B. K. Sakhare

Associate NCC Officer

# **Attendance Report**



# Sonopant Oendeker Skitishan Mandali's SONOPANT DANDEKAR ARTS, V.S.APTE COMMERCE AND M.H.MEHTA SCIENCE COLLEGE

AND M.H.MEHTA SCIENCE COLLEGE,
Pelghar, Dist-Palghar, Pin- 401 404.

Code No. 02525- 252163, Prin.: 252317. Real.: 252316

# ATTENDANCE RECORD

Event :	· International you	na day			
	sed by: NCC Unit				
Chief G	west: Dr k J. Sav.	e Princip	251		
Date:_	21.6.2018 Time: 7.30	Venue :_	Amb	ika Yoga (en	tre Palghan
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# **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 21<sup>St</sup> 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

Maj. B. K. Sakhare Associate NCC Officer

# **Glimpses of the Program**



