



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 21/06/2019 and your presence is required for the meeting on 20/06/2019 at 8:00 a.m. regarding the conduction and practice.**

**Venue: Amalani Students Rest**

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## ATTENDANCE RECORD

### Attendance Report

Sr No	Name of the cadets	Ncc Year	Class	Roll No	Signature
10	Ajay Ramakant Aahadi	II	XII ARTS		Ajay
20	RASHAN DIPAK BHUYAL	III	FYBcom	60160	Dipak
30	Mahesh manoj Bujad	II	TYBA	701	manoj
40	SATYAM mohar DHUMAI	III	TYBSC	26042	Mohar
5.	Niteen laxman Diva	III	FYBA		Laxman.
6.	Promod Gangaram Govari	III	TYBA	699	Promod
7.	Ratish Ladkya Govari	III	TYBA	632	R.Govari
8.	Sandesh SHANKAR HADAL	III	TYBA TYBA	684	Ratish Sandesh
9.	Nikhil BHAGWAN MEDHA	III	TYBcom	80113	Nikhil
10.	SATYAM Sanjay pandey	III	TYBSC II	70022	Sanjay.
110	Aakash padmasharan Behera	II	SyBSC	25104	Aakash.
120	Rajendra Narayan Behera	II	SyBSC	2351	Raj.
13.	Hrutik Kisan Dhanle	II			
14.	Adinath Deepak Gaikwad	II	SyBA SyBA	40010 328	Adinath
15.	Rohul Pandharinath Gaikwad	II	SyBA	448	Rohul
16	Satyam Pawan JHA	II	SyBSC II	68071	Satyam
17.	Pratik Vijay mayekar	II	FYBA	30001	Pratik
18	Sanni Promod patel	II	SyBcom	70112	Sanni
19	Vijay Sanju Patwa	II	SyBcom	70110	Vijay
20	Prathamesh Ramesh pawar	II	SyBcom	1360	Prathamesh
21	AKESH latehar Rajbhar	II	SyBSC II	68072	Akesh
22	Sushant Balu Rokade	II	SyBA	449	Sushant

SR No	Name of the cadets	NCC Year	Class	Roll No	Signature
23	Maunish Anandthakur	II	FYBA	240	Munish
24	Aditya munna Singh	I	FYBcom	1142	Aditi
25	Ajay Bauri pradhan	I	FYBsc	64035	Ajay
26	Ajay Bhagwandas yadav	I	FYBSCIT	67062	Ajay
27	AKash Suresh Baraf	I	FYBA	56	Ash
28	Amaan Aslam maniyah	I	XI	1021	Aman
29.	AKshay Keshav yadav	I	FYBSC	64054	AKshay
30	AMRESH RAMCHANDRAYADN	I	XI	3448	Ash
31	Anurag Giulabchand prasad	I	FYBA	168	Anurag
32	Ashish Sandesh Singh	I	FYBMS	68	Ashish
33	BHARGAV Milind Kulkarni	I	FY BSCIT	67076	Bhargav
34	BHAVIK Hemant patil	I	Fy BA	117	Bhavik
35.	Deva Harinarayan pandey	I	XI	3449	Deva
36.	DINESH SABHAJEET BHARTHARAJ	I	FYBA	186	Dinesh
37.	Ishwar Su Kh Singh Rajprabhat	I	FY BSC	90251	Ishwar
38	Jaswant Rajesh yadav	I	FYBSC	2065	Jaswant
39.	Kushesh lalchand patel	I	FYBSC	2035	Kushesh
40	Mukul Rajan mullay	I	SyBcom	1459	mukul.
41	Nitesh Anup Singh	I	FY BSCIT	67673	Nitesh
42	Pradip Meharu Jadhav	I	FYBcom	1226	Pradip
43	Rahul Gajanan DHOKANE	I	FYBSC	57	Rahul.
44	Rajan Gaya baks Singh	I	FY BSCIT	67041	Rajan
45	Trunel Shrivam Gawai	I	Sy BCOM	1461	Trunel

## **Report on International Yoga Day 2019-20**

The event will take place at Sonopant Dandekar College, Palghar. All NCC cadets are expected to attend and participate in the activity planned for the day. Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of International Yoga Day that has been planned.

### **Objectives of the practice**

- To create awareness among students and people.
- To motivate people 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' is derived 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 2019. It was inaugurated by the Principal Dr. K.J SAVE with Yoga gurus Mr. & Mrs. Patil and ANO's Major B.K SAKHARE and Captain ANAGHA PADHYE with a total of 100 NCC Cadets.

**Outcome:**

Yoga is an ancient physical, mental and spiritual practice. Successfully guided NCC cadets regarding the importance of different asanas and pranayam in human life.



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Associate NCC Officer



NCC CADET PARTICIPATION IN YOGA DAY CELEBRATION



NCC CADET PRACTICING YOGA