



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

Date: 18/06/2022

NOTICE

All NCC Cadets are hereby instructed that the meeting is arranged for the activity of International Yoga Day taking place on Tuesday, 21/06/2022 and your presence is required for the meeting on Monday, 20/06/2022 at 8:00 a.m. regarding the conduction and practice.

Venue: Amlani Students Rest

Maj. B. K. Sakhare
Associate NCC Officer



Sonopant Dandekar Shikshan Mandal's
SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE
AND M.H. MEHTA SCIENCE COLLEGE,
 Palghar, Dist-Palghar, Pin- 401 404.
 ☎ Code No. 02525- 252153, Prin.: 252317. Reel.: 252316

ATTENDANCE RECORD

Event : "International Yoga day"
 Organised by : 3 Maharashtra BN NCC Palghar unit
 Chief Guest : Dr. K. J. Sawe, Principal, SPSM college, Palghar
 Date : 21/06/22 Time : 8:00 am Venue : 'Yoga Centre' SPSM college Palghar

Sr. No.	Name	Class	Roll No.	Mobile No.	Signature
21	Pranav K. Patil	12TH		9699457981	Pranav Patil
22	AKASH K. Pandey	S.Y. Bcom	70092	9860138240	Akash
23	Vikas. Kam. Gadav	S.Y. BSC	68042	7498857812	Vikas
24	Karan Singh	F.Y. BSC	93046	9850148554	Karan
25	Smit Lokesh Tomare	F.Y. Bcom	1043	8830786671	Smit
26	Deepak Mahendraj Jaiswal	F.Y. BSC	93051	7491095009	Deepak
27	Abhishek Yogendra Rajark	F.Y. B.A	213	762070205	Abhishek
28	Pawan Kaushal Pandey	F.Y. BSC	67086	841905805	Pawan
29	Amit Bhasrab Chaudhari	F.Y. B.A	30003	8767326750	Amit
30	Bishbahadur Nishad	11th Sci	843	9370427459	Nishad
31	Nikhil Ramchad69 Samant	F.Y. B.A	211	8788003781	Nikhil
32	Ashay Manikunjay Singh	F.Y. BSC	67183	7559277695	Ashay Singh
33	maheshwar indresh vardan	F.Y. BSC	90121	9373458831	Maheshwar
34	mahesh Umesh Pauray	F.Y. Bcom	1017	9922780392	Maheshwar
35	Pawan Jayswal	F.Y. Bcom	6049	7219333613	Pawan
36	Pradeep Harishchandr Vardan	11th Sci	63128	9284239368	Pradeep
37	Rahul Beleshet Shirsale	F.Y. Bcom	6047	7038091366	Rahul
38	Raghu Ash Gupta	F.Y. BSC	67085	9598012031	Raghu
39	Satish dayashankar Vardan	F.Y. BSC	67003	883017931	Satish
40	Tarun mangi Gaur	F.Y. Bcom	1192	876785030	Tarun

Prof. in charge



Sonopant Dandekar Shikshan Mandali's
**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE
AND M.H. MEHTA SCIENCE COLLEGE,**
Palghar, Dist-Palghar, Pin- 401 404.
☎ Code No. 02525- 252153, Prin.: 252317. Resl.: 252316

ATTENDANCE RECORD

Event : "International Yoga day"

Organised by : 3 Maharashtra BN NCC, Palghar unit

Chief Guest : DR. K. T. Save, Principal, S.D.S.M. College, Palghar

Date : 21/06/2022 Time : 8:00 am Venue : Yoga Centre, S.D.S.M. College, Palghar

Sr. No.	Name	Class	Roll No.	Mobile No.	Signature
41	Adesh sambhaji Sakunke	PYBMS	96099	9022805401	Adesh
42	Pratap Mohan Bhal	TYBSC	66008	7769013957	Pratap
43	Hars b Balasakhe Sakunke	TYBSC	26029	8459191101	Hars b
44	Chetan Jayram Gorkhane	MSC	323	8766439420	Chetan
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Prof. in charge

Report on International Yoga Day 2022-23

Briefing:

The event will take place at SDSM 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.

International Yoga Day

Objectives of the practice:

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

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.

Practice:

Sonopant Dandekar college extension services – NCC Successfully conducted the International Yoga Day on 21st June 2022 on Thursday. 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.

Outcomes:

- Relieved different types of pain in the body
- Improved blood circulation in the body
- Boosted Immunity



Maj. B. K. Sakhare
Associate NCC Officer

Glimpse of the event



Palghar, MH, India

Boisar, Palghar, 401404, MH, India

Lat 19.711773, Long 72.760050