

**GOVERNMENT OF MAHARASHTRA'S
ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE AND COMMERCE
JOGESHWARI (EAST), MUMBAI - 400 060**

DATE:- 18/06/2020

Sub:- International Yoga Day Celebration - NCC Unit

NOTICE

This is to inform all NCC cadets that Ismail Yusuf College will be organizing a celebration for International Yoga Day. International Yoga Day is celebrated worldwide to promote the benefits of yoga in maintaining physical fitness and mental well-being. At our college, this event holds special significance as it encourages all cadets to embrace yoga as a part of a healthy lifestyle. We encourage all NCC cadets to actively participate in this event. Your presence will contribute to the success of this celebration and highlight our commitment to health and wellness through yoga.

Details of the event are as follows:

Date: 21st June 2020

Venue: I.Y. College, Gymkhana

Time: 08:00 Am-10:00AM



CTO (Dr. Jayshing B. Grewar)
3 MAH BN NCC Boy's Unit
Ismail Yusuf College,
Jogeshwari (E), Mumbai - 60.

**CO-COORDINATOR
NCC Units**



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ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE AND COMMERCE
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Sub: International Yoga Day

Date: 21st June 2020

Venue: I.Y.College, Gymkhana

Total No. of Cadets: 52 Boys & 56 Girls

Ismail Yusuf College celebrated International Yoga Day with great favour and enthusiasm. The event, organized in collaboration with the National Cadet Corps (NCC), aimed to promote the physical and mental well-being of students through the practice of yoga. Additionally, former NCC cadets also joined the celebration, highlighting the enduring impact of NCC training.


Outcome-

- **Increased Awareness:** The event raised awareness about the benefits of yoga for physical and mental well-being.
- **Active Participation:** There was active participation from NCC cadets, demonstrating their enthusiasm and willingness to engage in yoga practices.
- **Leadership Engagement:** The event provided opportunities for leadership engagement.
- **Knowledge Sharing:** Participants gained knowledge about various yoga asanas, breathing techniques, and meditation practices.
- **Positive Experiences:** The celebration created positive experiences for participants, promoting a sense of well-being, relaxation, and community among attendees.

Impact-The event's impact was not confined to the day of the celebration but contributed to a lasting impact by promoting the adoption of yoga as a beneficial practice for all. Participants may continue to incorporate yoga into their daily routines, leading to long-term health benefits.

Sensitization-NCC cadets in Yoga Day can contribute to sensitizing students to social issues:

1. Health and Wellness Awareness
2. Mind-Body Connection
3. Cultural Appreciation
4. Community Engagement


C/O (Dr. Jayshing B. Sawant)
MAH BN NCC Boy's Unit
Ismail Yusuf College,
Jogeshwari (E), Mumbai - 60.

**CO-COORDINATOR
NCC Units**





2020-2021

DATE:-

NAME	AMRITA MASKE	SWATI MISHRA	SAKSHI KUMBHAR	SALEEN MUSHIR	SEISTI DUGBY	PURVA SAWANT	VRUSHALI SAWANT	SOMALI B. AWALE	NIDHI TIWARI	LAXMI M. SAWANT	SOMAM KANDODIA	AKSHARI SURVASE	HRADHA RUPPUT	HRUTI CHIKANE	KAUSHA GUPTA	
21 JUNE 2020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	INTERNATIONAL YOGA DAY
30 JULY 2020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	TREE PLANTATION
26 JULY 2020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	KARGIL VICTORY DAY
14 FEBRUARY 2020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	PULWAMA ATTACK
15 AUGUST 2020	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	INDEPENDENCE DAY
14 MAY 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	DIGITAL APP COMPETITIONS
30 APRIL 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	TREE PLANTATION
21 JUNE 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	INTERNATIONAL YOGA DAY
5 AUGUST TO 5 DEC 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	RIELEMAN JASWANISINGH STORY
9 AUGUST TO 11 DEC 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	STORYTELLING COMPETITION
26 NOVEMBER 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	26/11 BRAVE WARRIORS COMPETITIONS
1 DECEMBER 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	WORLD AID'S DAY
19 DECEMBER 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	NCL DAY
5 DECEMBER 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	PUNEET SAGAR ABHIYAN BEACH CLEAN
15 JANUARY 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	SWACHA BHARAT ABHIYAN
26 JANUARY 2021	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	REPUBLIC DAY

COTIS SIGN
 AMRITA
 SWATI
 SAKSHI
 SALEEN
 SEISTI
 PURVA
 VRUSHALI
 SOMALI
 NIDHI
 LAXMI
 SOMAM
 AKSHARI
 HRADHA
 HRUTI
 KAUSHA

