

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

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**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: 21<sup>st</sup> June 2022**

**Venue: I.Y.College, Gymkhana**

**Time: 08:00 Am-10:00AM**



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

**CO-COORDINATOR  
NCC Units**

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**1. International Yoga Day –**

**Date: 21st Jun 2022**

**Venue: I.Y.College, Gymkhana**

**Total No. of Cadets: 52 Boys & 56 Girls**

Ismail Yusuf College celebrated International Yoga Day with great fervour 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









