

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

DATE:-18/06/2018

Sub:-International Yoga Day Celebration-NCC Unit

NOTICE


This is to inform NCC cadets that Ismail Yusuf College will be organizing a celebration for International Yoga Day. International Yoga Day is celebrated world wide 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 areas follows:

Date: 21st Jun 2018

Venue: I.Y. College, Gymkhana

Time: 08:00 Am-10:00AM


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

**CO-COORDINATOR
NCC Units**



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ACTIVITY REPORT

1. International Yoga Day–

Date: 21st June, 2018

Venue: I.Y. College, Gymkhana


Total No. of Cadets: 25 Boys & 29 Girls

Yoga Day was celebrated at Ismail Yusuf College. Girls cadets from Ismail Yusuf College 8 Maharashtra girls BN & 3 Maharashtra boys BN had also participated in the same event. The event started at 8.00 am and continued till 10.00 am. All girls NCC cadets showed great enthusiasm as yoga is very beneficial both for body and mind. Even ex NCC cadets showed great participation.

Outcome- Overall, the outcome of the Yoga Day celebration was characterized by increased awareness, active participation, leadership engagement, knowledge sharing, positive experiences, and lasting impact, contributing to the promotion and adoption of yoga as a beneficial practice for all.

Impact- The International Yoga Day celebration at Ismail Yusuf College had a multifaceted impact, ranging from promoting yoga and increasing participation to recognizing its benefits and fostering cultural appreciation.


Sensitization- The celebration of Yoga Day at Ismail Yusuf College, where girls cadets from 8 Maharashtra Girls Battalion and 3 Maharashtra Boys Battalion of the NCC participated, highlights the importance of sensitizing students to various social issues, including health and wellness. The participation of NCC cadets in Yoga Day underscores the recognition of yoga as beneficial for both the body and mind. By engaging in yoga practices, students are sensitized to the importance of maintaining physical health and mental well-being.


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

**CO-COORDINATOR
NCC Units**






 CTO (Dr. Jaysing B. Sawant)
 3 MAH RN NCC Boys Unit
 Ismail Yusuf College,
 Jogeshwari (E), Mumbai - 40.

**CO-COORDINATOR
NCC Units**



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CDT'S SIGN



PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce.
Jogeshwari (East), Mumbai - 400 060