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

DATE:-18/06/2018

Sub:-International Yoga Day Celebration-NCC Unit

NOTICE

This is to informal 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

> TO (Dr. Jayshing B. Shwant 3 MAH BN NCC Boy's Unit smail Yusuf College, Jogeshwari (Z), Munbai - 60.

CO-COORDINATOR NCC Units



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

ACTIVITY REPORT

International Yoga Day–

Date: 21s 'June, 2018

Venue: I.Y. College, Gymkhana TotalNo.ofCadets:25Boys&29 Girls

Yoga Day was celebrated at Ismail Yusuf College. Girls cadets from Ismail Yusuf College8 Maharashtra girls BN & 3 Maharashtra boys BN had also participated in the same event. The event started at 8.00 am and continued till 10.00amAllgirlsNCCcadetsshowedgreat 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.

CO-COORDINATOR

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CO-COORDINATOR NCC Units



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