

MARATHWADA SHIKSHAN PRASARAK MANDAL'S
VINAYAKRAO PATIL MAHAVIDYALAYA, VAIJAPUR
NATIONAL CADET CORPS

Celebration of International Yoga Day (21 June 2023)

As per the directives received from 50 Maharashtra Battalion NCC, Chh. Sambhajinagar and Director NSS, Dr. Babasaheb Ambedkar Marathwada University, Chh. Sambhajinagar, the NCC and NSS department jointly celebrated the International Yoga Day at 7:00 am on 21/06/2023. The venue was the Indoor Stadium of the college. At first Dr. Sandeep Pardeshi, Vice Principal, gave a brief introduction to the programme. He welcomed the instructor with beautiful bouquets. After that Lt. Shrikant Dokhe, the NCC ANO introduced the instructor.

In the first session, Yoga Instructor Prof. A. N. Kale demonstrated the exercises like Neck Bending, Trunk Movement, Knee Movement, Tadasana, Vakrasana, PadaHasthasana, ArdhaChakrasana, Trikonasana, Bhadrasana, Ardhastrasana, sasankasana, Bhujangasana, Salabhasana, Makarasana, Pavanamuktasana, Savasana, Kapalabhati, Anulom-Vilom, Bhramari, Sambhavi Mudra etc. While giving the demonstrations, he also explained the Do's and Don'ts associated with the yoga poses. He asked the participants that they should not give jerks to their body because it may cause damage. He also added that positive visualization and affirmation play an important role in delivering the best results.

In the last session, Prof. Ashok Kale narrated the glorious history of yoga in India. He added that the ancient Indian people lived a happy and peaceful life and did not have any ailments because they did yoga regularly. However, in today's world, we see that people lead an undisciplined life style. This leads to many *doshas*. He further called upon the teachers and students that yoga is to be practiced early in the morning because if you devote one hour for yoga the rest of the 23 hours also pass happily and in a sense all 24 hours pass happily. He congratulated the NCC and NSS department for having organized such a unique activity. 75 participants took active participation in this activity.


ANO NCC
Vinayakrao Patil Mahavidhyalaya
Vaijapur Dist. Aurangabad.


PRINCIPAL
Vinayakrao Patil Mahavidyalaya
Vaijapur Dist. Chhatrapati Sambhajinagar




ANO NCC
 Vinayakrao Patil Mahavidyalaya
 Vaijapur Dist. Aurangabad.


PRINCIPAL
 Vinayakrao Patil Mahavidyalaya
 Vaijapur Dist-Chhatrapati Sambhaji Nagar

Marathwada Shikshan Prasarak Mandal's
Vinayakrao Patil Mahavidyalaya, Vaijapur

National Cadet Corps

Attendance Report

Name of Activity: - Celebration of International Yoga Day (21 June 2023)

Sr. No.	Regiment No.	Name of Cadet	Sign
1	MH/22/SDA/408002	Moin Gaurav Dadasaheb	Gaurav
2	MH/22/SDA/408004	Padwal Shubham Arun	Shubham
3	MH/22/SDA/408007	Raut Mukund Ashok	Mukund
4	MH/22/SDA/408008	Sonawane Siddhant Santosh	Siddhant
5	MH/22/SDA/408009	Shipankar Shubham Ramdas	Shubham
6	MH/22/SDA/408012	Tupe Rohit Dattu	Rohit
7	MH/22/SDA/408013	Wadalkar Dnyaneshwar Sitaram	Dnyaneshwar
8	MH/22/SDA/408019	Wagh Siddharth Ratan	Siddharth
9	MH/21/SDA/ 408001	Matsagar Rahul Machhindra	Rahul
10	MH/21/SDA/ 408010	Shinde Aditya Ramkrushna	Aditya
11	MH/21/SDA/ 408011	Kumawat Shivprasad Dnyaneshwar	Shivprasad
12	MH/21/SDA/ 408018	Gavde Rohit Sitaram	Rohit
13	MH/21/SDA/ 408020	Wagh Ravindra Thakchand	Ravindra
14	MH/21/SDA/ 408034	Nikhade Yash Ganesh	Yash
15	MH/21/SDA/ 408043	Bhagat Ajay Dadasaheb	Ajay.B
16	MH/21/SDA/ 408044	Labhade Rohit Pradip	Rohit
17	MH/22/SWA/408021	Aher Nikita Popat	Nikita
18	MH/22/SWA/408042	Sonawane Divya Omkar	Divya
19	MH/22/SWA/ 408033	Rahane Komal Balu	Komal
20	MH/22/SWA/ 408037	Gaikwad Kalyani Kakasaheb	K.K.G
21	MH/21/SWA/ 408045	Yeole Pradnya Babasaheb	Pradnya
22	MH/21/SWA/ 408049	Aapshinde Shrawani Ganesh	S.G.A.
23	MH/21/SWA/ 408050	Matsagar Nandini Kashinath	Nandini.M.
24	MH/21/SWA/ 408051	Salunke Radha Kacharu	Radha
25	MH/21/SWA/ 408052	Bagul Ashwini Shivaji	Ashwini


ANO NCC
Vinayakrao Patil Mahavidhyalaya
Vaijapur Dist. Aurangabad.


PRINCIPAL
Vinayakrao Patil Mahavidyalaya
Vaijapur Dist-Chhatrapati Sambhaji Nagar