



**Shiv chhatrapati Shikshan Sanstha's  
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur  
Academic Year 2018-19  
Activity Report: NCC Girls Unit**

Particulars	Details
Name of Activity	International Day of Yoga
Beneficiaries of Activity	I, II and III Year NCC Girl Cadets
Date	21/06/2018
No. of Participants	39
Details of Activity	<p>Yoga is an invaluable gift of India's ancient tradition. It is the symbol of unity of mind and body. Yoga is an ancient practice that promotes physical, mental and spiritual well-being. 21st June is celebrated as the International Yoga Day worldwide. The NCC cadets celebrated the international Yoga Day in 21<sup>st</sup> June 2018 enthusiastically. Dr. Satish Deshmukh, Member, Shivchhatrpati Shikshan Sanstha, was the chief guest of the program. Naik S. D. Gangavane, 7 Maharashtra Girls Battalion NCC, Aurangabad was also present for the program. Yoga Teacher Mr. Amol Thakur, Mr. Somdev Shinde, Cadet Sneha Tarkase and Cadet Mahadevi Kolate presented different yogas. They performed Chaalan Kriya, Kapalbhathi, Tadasana, Trikonasana, Paadhastasana etc.</p>
Photograph	 <p align="center"><b>NCC Cadets practicing Yoga with instructor on stage</b></p>  <p align="center"><b>NCC Cadets and CTO with dignitaries</b></p>
Outcomes	39 girl's cadets participated in the program. They understand the importance of Yogas for a healthy life. They learnt different types of asanas and pranayamas.

Date: 22/06/2018

*Archana Tak*  
CTO

Dr. Archana Tak



*Principal*  
Principal  
Rajarshi Shahu Mahavidyalaya, Latur  
(Autonomous)