

**Shiv chhatrapati Shikshan Sanstha's  
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur  
Academic Year 2019-20  
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	21/06/2019
No. of Participants	45
Details of Activity	21 <sup>st</sup> June is observed as the International Day of Yoga worldwide as per the appeal of Indian government in UN as it is the longest day in the northern hemisphere. So, on 21 <sup>st</sup> June 2019, the international Day of Yoga was celebrated in the college enthusiastically. The cadets of NCC participated in the celebration. S/UO Sneha Tarkase and J/UO Manjushri Sonawane performed Yoga and some cadets worked as volunteers during Yoga session. Dr. Archana Tak guided the cadets for the success of the program.
Photograph	 <p style="text-align: center;"><b>NCC Cadets practicing Yoga with instructor on stage</b></p>  <p style="text-align: center;"><b>NCC Cadets and CTO with dignitaries</b></p>
Outcomes	The cadets learnt different types of Asanas like Vrikshasana, Ustrasana, Setunandhasana, Bhujangasana, Pavanamuktasana, Shavasana, Trikonasana. They also learnt the importance of a team work for the success of any program.

Date: 23/06/2019

*Arch.*  
CTO

Dr. Archana Tak



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