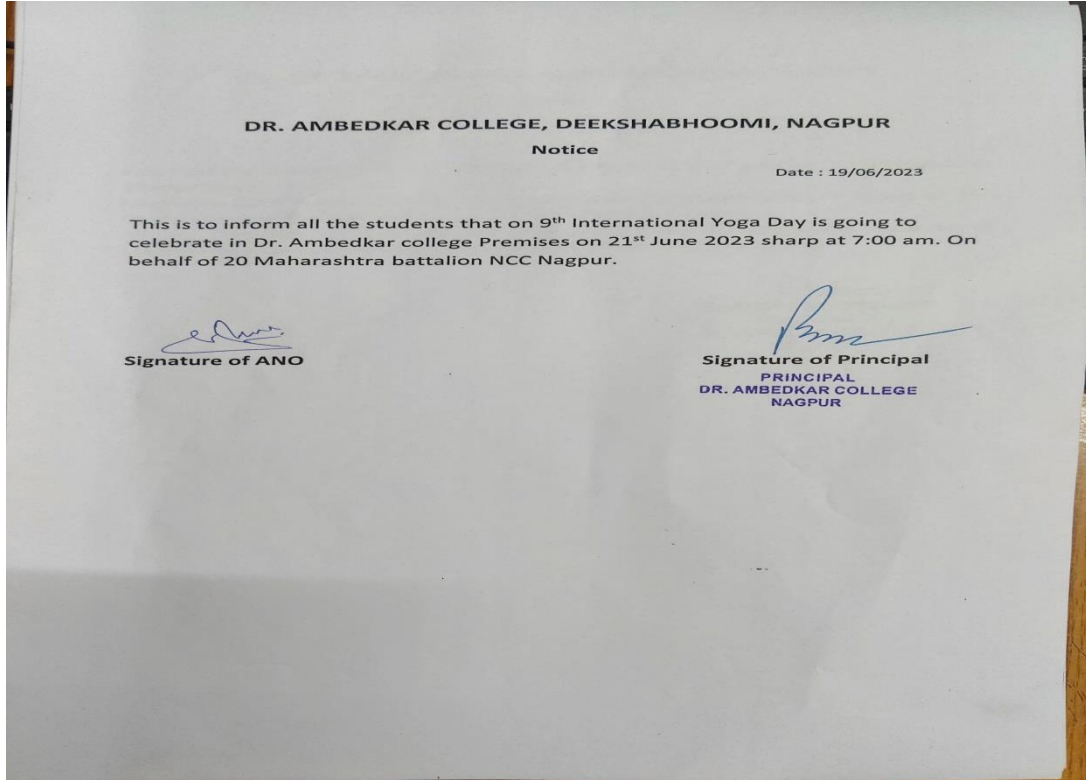


**Report On Celebration International Yoga Day
Dr.Ambedkar College,Deekshabhoomi Nagpur.
Organized by: 30 Maharashtra Battalion NCC,Nagpur**

Notice



Report

The 9th International Day of Yoga was celebrated with great enthusiasm and dedication on June 21, 2024, at Dr. Ambedkar College, Deekshabhoomi, Nagpur. The event was organized under the aegis of the 30 Maharashtra Battalion NCC, Nagpur, and witnessed active participation from cadets, students, faculty members, and staff.

Objective

The primary aim of the celebration was to promote the benefits of yoga for physical, mental, and emotional well-being, fostering a healthy and balanced lifestyle among the participants.

Program Highlights

International Yoga Day-2023 was conducted in DNC ground on behalf of 30 Mah. Bn. NCC, Nagpur unit on 21st June 2021 sharp at 7.00 am. with the welcoming of dignitaries and attendees. Col V.C.Sharma, commanding Officer 30 Mah Bn NCC Nagpur. Chief guest Subhedar Major Kundal Singh SM, Principal Dr. B.A.Mehere,

Dr.A.P.Joshi, Capt.Dr.Sujit Chavhan were present in Program. 700 cadets from NCC Nagpur group participated in the event. The Principal Dr.B.A.Mehere delivered the inaugural address, emphasizing the significance of yoga in today's fast-paced world and the role of NCC in promoting holistic development.

1. Common Yoga Protocol: Participants performed a series of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques as per the guidelines issued by the Ministry of AYUSH.
2. Interactive Session: The instructor shared insights on how yoga can help improve concentration, reduce stress, and enhance overall well-being.
3. Demonstrations by NCC Cadets: Selected cadets showcased advanced yoga postures, inspiring others to incorporate yoga into their daily routines.
4. Pledge for Healthy Living: All participants took a pledge to practice yoga regularly and adopt a healthy lifestyle.

Conclusion

The celebration of the 9th International Day of Yoga at Dr. Ambedkar College was a resounding success. The initiative by the 30 Maharashtra Battalion NCC, Nagpur served as a reminder of the importance of maintaining harmony between the body and mind. The event concluded with a vote of thanks by the NCC Officer, acknowledging the efforts of all organizers, volunteers, and participants.

By promoting the practice of yoga, the event highlighted its enduring relevance in fostering health, discipline, and peace, echoing the values enshrined in the teachings of Dr. B.R. Ambedkar and the ethos of the National Cadet Corps.



