

NOTICE

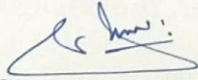
NOTICE

The 10th International Day of Yoga will be celebrated on **21st June 2024** at **Dr. Ambedkar College, Deekshabhoomi, Nagpur**, on behalf of the **20 Maharashtra Battalion NCC, Nagpur**. The event aims to promote the importance of physical fitness, mental well-being, and harmony through the practice of Yoga.

- **Date:** 21st June 2024
- **Time:** 6:30 AM
- **Location:** Dr. Ambedkar College Sports Academy, Deekshabhoomi, Nagpur

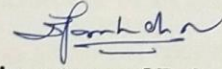
We encourage all students, faculty, and NCC cadets to participate in this peaceful and rejuvenating session. It is an excellent opportunity to experience the benefits of yoga for both mind and body.

Note: Kindly arrive at the venue by **6:00 AM** to ensure timely participation.
We look forward to your enthusiastic participation.



Signature of ANO

Capt. (Dr.) SUJIT S. CHAVHAN
NCC/09110296
Associate NCC Officer
20MAH BN,
Dr. Ambedkar College
Deekshabhoomi, NGP-10



Signature of Principal

PRINCIPAL
DR. AMBEDKAR COLLEGE
NAGPUR.

REPORT

The 10th International Day of Yoga

The **10th International Day of Yoga** was celebrated with great enthusiasm at Dr. Ambedkar College, Deekshabhoomi, Nagpur, on 21st June 2024. The event was organized on behalf of the 20 Maharashtra Battalion NCC, Nagpur. The celebration aimed to promote the significance of yoga in maintaining physical, mental, and emotional well-being.

The program began at 6:30 AM, with the Chief Guest, Col. Manuj Majumdar, leading the gathering in a short speech on the importance of yoga for maintaining a balanced life. He emphasized the need for regular practice to enhance physical health, mental clarity, and emotional stability.

Following the speech, a series of yoga asanas and breathing exercises (Pranayama) were demonstrated and practiced by the attendees. The participants followed the instructions of Dr. D.S. Borkar and Kunal Patil, who guided the group through various yoga postures aimed at increasing flexibility, improving posture, and reducing stress.

The event also featured an introduction to the philosophy of yoga, and the benefits of integrating yoga into daily life. Prof. Ankit Pusdakar shared insights on how yoga plays a crucial role in shaping a disciplined and focused lifestyle. Dr. Milind Kelkar also spoke about the scientific benefits of yoga and its role in promoting overall well-being.

The presence of 500 cadets added to the grandeur of the occasion, demonstrating the strong support of the NCC in promoting fitness and wellness among the youth. The program concluded with a short meditation session, encouraging participants to find peace and tranquility within themselves.

The celebration was a grand success, leaving the participants inspired to incorporate yoga into their daily routine for a healthier and more balanced lifestyle.





