

**Shri Shivaji Education Society Amravati's
SCIENCE COLLEGE, CONGRESS NAGAR, NAGPUR**

Session 2025 – 2026


National Cadet Corps

Organised “International Day of Yoga”

Venue: YCA Stadium, Nagpur

Date: 21st June. 2025

Time: 5.30 am

 Tele : 0712-2514920
Email- 3mahagccc@gmail.com

3 Mah Girls Bn NCC
Yuva Shakti Bhawan
Telengkhedi Road
Nagpur

3GB/G/2025/Yoga Day

13 Jun 2025

Principal/Headmaster

INTERNATIONAL YOGA DAY : 21 JUN 2025

1. It is intimated that as per Common Yoga Protocol (CYP) issued by Min of Ayush, Institutions to actively participate in commemorating International Yoga Day on **21 Jun 2025**. The venues is **YCA Stadium, Nagpur**.

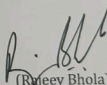
2. The Distribution of vacancies for venue are as under:-

| | ANO | SW | IW | Total |
|---------------------------------|-----------|-----------|------------|------------|
| i) Shivaji Sci College, Nagpur | 01 | 65 | -- | 65 |
| ii) Providence Girls HS, Nagpur | 01 | -- | 65 | 65 |
| iii) St Joseph Girls HS, Nagpur | 01 | -- | 70-- | 70 |
| TOTAL | 03 | 65 | 135 | 200 |

3. All cadets will report to **YCA Stadium, Nagpur** on 21 Jun 2023. Timing to be intimated later by the coord units.

4. **Dress.** Track suit or suitable T-shirt & lower.

5. For strict compliance please.


(Rajeev Bhola)
Col
Commanding Officer

Copy to :-

SW/JW ANO - For info and necessary action

The theme for Yoga Day 2025 is “Yoga for One Earth, One Health,” which tells how yoga supports not just individual well-being but also the health of our planet. This theme reminds us that personal health and environmental health are deeply connected.

Centuries ago, one of the most popular Sanskrit poets Bhartrhari, while highlighting the specialty of Yoga, said:

धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी
सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः।
शय्या भूमितलं दिशोऽपि वसनं ज्ञानामृतं भोजनं
एते यस्य कुटुम्बिनः वद सखे कस्माद् भयं योगिनः॥

Meaning that by regularly practising Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practice of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger.

International Day of Yoga 21 June 2025 is initiated by Min. of Aayush. Every year International Day of Yoga is celebrated in Shri Shivaji Science College, Congress Nagar, Nagpur under 3 Mah Girls BN, NCC. This year also YOGA DAY was celebrated on 21 June 2025 to raise awareness among people about the benefits of yoga in daily life.

Also the college had organised a Yoga asana event in the college premises. Hon'ble Principal Dr. O. S. Deshmukh sir along with teaching faculty members and NCC cadets has actively participated.





Latitude: 21.139378
Longitude: 79.082121
Elevation: 308.22±3.89 m
Accuracy: 8.025 m
Time: 06-21-2025 08:01
Note: yoga day

Powered by NoteCam

Attendance:

| | |
|-------------------------------|-----------------------|
| 3 rd year | |
| ① LCPL Kajal Rahangdale | <u>K. Rahangdale</u> |
| ② LCPL Poonam Dubey | <u>P. Dubey</u> |
| ③ LCPL Rasika Raut | <u>R. Raut</u> |
| ④ CPL Kalyani Nakhate | <u>K. Nakhate</u> |
| ⑤ Cdt Rutuja Somkuwat | <u>R. Somkuwat</u> |
| ⑥ Cdt Antara Sakhan | <u>A. Sakhan</u> |
| 2 nd year | |
| 1 Cdt Nihanika Gaur | <u>N. Gaur</u> |
| 1 Cdt Rutuja Waghmare | <u>R. Waghmare</u> |
| Cdt Smruti Kambale | S. Kambale |
| Cdt Smarika bhagat | <u>S. Bhagat</u> |
| Sejal Bunde | <u>S. Bunde</u> |
| Neha patel | <u>N. Patel</u> |
| Shivani Singh | <u>S. Singh</u> |
| gangi Sawalkar | <u>G. Sawalkar</u> |
| Sanjana Waghmare | <u>S. Waghmare</u> |
| parul jangid | <u>P. Jangid</u> |
| Kalash Chandekar | <u>K. Chandekar</u> |
| Vanshika Nandeshwar | <u>V. Nandeshwar</u> |
| Aabha tuptkar | <u>A. Tuptkar</u> |
| Harshita Yadav | <u>H. Yadav</u> |
| Anushree Rute | <u>A. Rute</u> |
| Shagysheer ghatbandhe | <u>S. Ghatbandhe</u> |
| Prachi Ambekar | <u>P. Ambekar</u> |

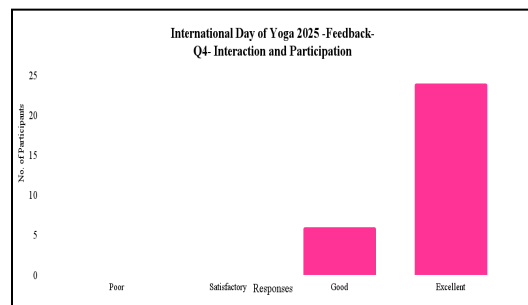
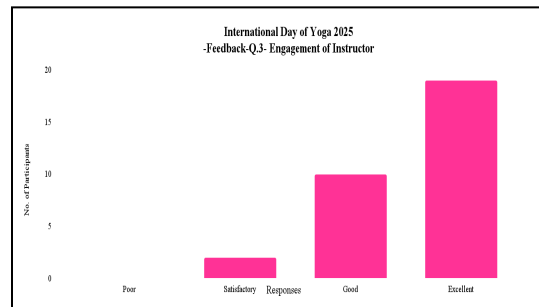
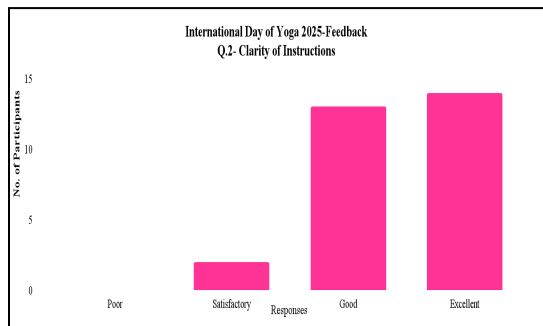
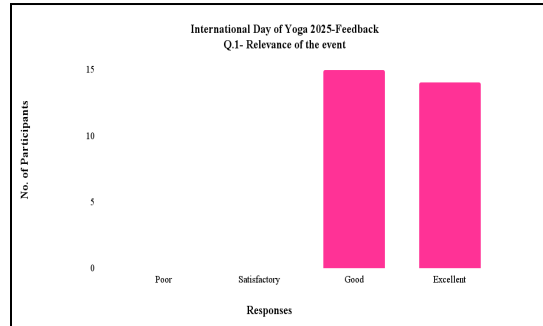
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| | | DATE: 5/1 |
| 18) | Rudrani Adane | Kudrani |
| 19) | Geishma Randhe | Chandiy |
| 20) | Gungun Pandey | Gungun |
| 21) | Hansika Jangade | Hangade |
| 22) | Shreyas Tulshale Makode | Shishale |
| 23) | Mishika Suve | B |
| 24) | Vishakha Bawariya | Bawariya |
| 25) | Shruya Kamble | Shruya |

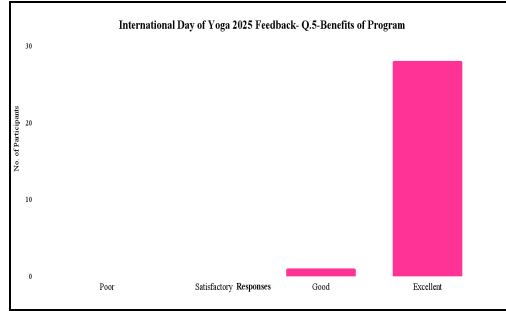
Action Taken:

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Feedback

After successful completion of the program feedback from all the present students were collected. Analysis of feedback was done and after feedback analysis following observation was noted remarkably.






Dr. A. A. Halder
IQAC Coordinator
S.S.E.S.A's
Science College, Nagpur


Dr. O. S. Deshmukh
Principal
S. S. E. S. Amravati's
Science College, Nagpur.

