

**“Dissemination of Education for Knowledge, Science and Culture”**

**-Shikshanmaharshi Dr. Bapuji Salunkhe**

**Shri Swami Vivekanand Shikshan Sanstha’s**

**Vivekanand College, Kolhapur (Autonomous)**

**National Cadet Corps**

**(5 MAH BN NCC & 6 MAH GIRLS BN NCC, KOP)**


(2022-23)

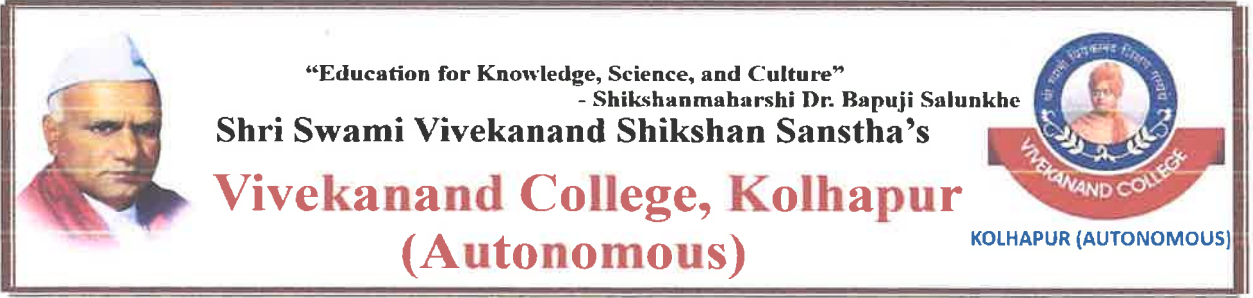
**One Page Report: Importance of Yoga and Meditation in Life**

1.	<b>Name of the Department</b>	National Cadet Corps						
2.	<b>Name of the Activity</b>	Importance of Yoga and Meditation in Life						
3.	<b>Date / Duration</b>	23/01/2023						
4.	<b>Aims &amp; Objectives</b>	<ul style="list-style-type: none"><li>To raise awareness about yoga and meditation.</li><li>To develop a sense of alertness for yoga and meditation.</li><li>To actively participate in the International Yoga Day on a mass level.</li></ul>						
5.	<b>No. of Beneficiaries</b>	<table border="1"><tr><td><u>Total attendee</u></td><td>97</td><td>64 girls</td></tr><tr><td></td><td></td><td>33 boys</td></tr></table>	<u>Total attendee</u>	97	64 girls			33 boys
<u>Total attendee</u>	97	64 girls						
		33 boys						
6.	<b>Expenditure &amp; Fundings</b>							
7.	<b>Brief Discussion</b>	The 21st of June is celebrated as International Yoga Day globally. This day involves demonstrations and active participation in yoga practices. In our institute, we organized a speech and demonstration on the importance of yoga by a well-known yoga trainer from Kolhapur. She emphasized the significance of meditation in our lives, highlighting that pranayama yoga is essential for the stability of the mind and physical and emotional endurance. Pranayama also boosts our immunity. In our daily lives, yoga and meditation play a crucial role in mental and physical healing. The program was successfully organized under the guidance of Principal Dr. RR Kumbhar, Colonel Manjunath Hegde, Adm Officer Lieutenant Colonel Gugamalti. The program was led by Captain Sunita Bhosle and Lieutenant J R Bharamgonda, with the participation of 97 cadets.						
8.	<b>Outcomes</b>	<ul style="list-style-type: none"><li>NCC cadets have incorporated yoga and Pranayama into their daily routines.</li><li>They have encouraged their family and friends to engage in yoga practices.</li><li>They have committed to participating in all government-announced public events.</li></ul>						

  
**Lt. J. R. Bharamgonda**  
**Coy Commander**  
NCC, Vivekanand College,  
Kolhapur



  
**Capt. Sunita Bhosale**  
**Coy Commander**  
NCC, Vivekanand College,  
Kolhapur



18/01/2023

## National Cadet Corps

### NOTICE

All NCC SD/SW cadets are informed that the NCC department is organizing a program on the importance of yoga and meditation in our lives on 23rd January 2023 at the library hall. All are expected to be present at 8:45 AM without fail.

**Lt. J. R. Bharamgonda**  
**Coy Commander**  
NCC, Vivekanand College  
Kolhapur

**Capt. Sunita Bhosale**  
**Coy Commander**  
NCC, Vivekanand College,  
Kolhapur

**Dr. R. R. Kumbhar**  
**PRINCIPAL**  
**VIVEKANAND COLLEGE**  
KOLHAPUR (AUTONOMOUS)





**IMPORTANCE OF YOGA AND MEDITATION IN LIFE**  
**23/01/2023**



*[Handwritten signature]*

VIVEKANAND COLLEGE ,KOLHAPUR (AUTONOMOUS)

IMPORTANCE OF YOGA AND MEDITATION IN LIFE

DATE :23 JANUARY 2023

Sr No	Regt No	SIGN	Sr No	Regt No	SIGN
1	MH20SWA559914		29	MH21SDA559949	47
2	MH20SWA559915		30	MH21SDA559950	
3	MH20SWA559916		31	MH21SDA559950	
4	MH20SWA559917		32	MH21SWA559951	
5	MH20SWA559919		33	MH21SWA559952	
6	MH20SWA559920		34	MH21SWA559953	
7	MH20SWA559921		35	MH21SWA559957	
8	MH20SDA559923		36	MH22SWA559958	
9	MH20SDA559924		37	MH22SWA559959	
10	MH20SDA559925		38	MH22SWA559960	
11	MH20SDA559926		39	MH22SWA559961	
12	MH20SDA559927		40	MH22SWA559962	
13	MH20SDA559930		41	MH22SDA559963	
14	MH20SDA559931		42	MH22SDA559964	
15	MH20SDA559933		43	MH22SDA559965	
16	MH20SDA559934		44	MH22SDA559966	
17	MH21SDA559936		45	MH22SDA559967	
18	MH21SDA559937		46	MH22SDA559968	
19	MH21SDA559938		47	MH22SDA559969	
20	MH21SDA559939		48	MH22SDA559970	
21	MH21SDA559940		49	MH22SDA559971	
22	MH21SDA559941		50	MH22SDA559972	
23	MH21SDA559942		51	MH22SDA559973	
24	MH21SDA559943				
25	MH21SDA559944				
26	MH21SDA559946				
27	MH21SDA559947				
28	MH21SDA559948				



Lt J R Bharamgonda  
**Coy Commander**  
 NCC, Vivekanand College,  
 Kolhapur

VIVEKANAND COLLEGE , KOLHAPUR

6 MAH GIRLS BN NCC , KOLHAPUR

Cadets Participated for Importance of Yoga Program

Date : 22 June 2022 And Meditation in Life.

Sr. No.	Regt. No.	Sign	Sr.No.	Regt. No.	Sign
1	MH22SWA584376	S. R. Barche	31	MH21SWA584407	Patil
2	MH22SWA584377	M. Bilal	32	MH21SWA584408	Jadhav
3	MH22SWA584378	S. Barche	33	MH21SWA584410	Kewate
4	MH22SWA584379	-	34	MH21SWA584411	A. B. Powar
5	MH22SWA584380	S. R. B.	35	MH21SWA584412	
6	MH22SWA584381	Ghazati	36	MH20SWA584396	Markwad
7	MH22SWA584382	Achavan	37	MH20SWA584397	S. Kulkarni
8	MH22SWA584383	Maj.	38	MH20SWA584398	Chavan. P.D.
9	MH22SWA584384	-	39	MH20SWA584400	P. P. Jadhav
10	MH22SWA584385	A. Barche	40	MH20SWA584401	Shambh
11	MH22SWA584386	S. S. S.	41	MH20SWA584402	A. M. Kuber
12	MH22SWA584387	A. Barche	42	MH20SWA584403	K. Kulkarni
13	MH22SWA584388	-	43	MH20SWA584404	Jadh
14	MH22SWA584389	B. Barche	44	MH20SWA584405	Patil
15	MH22SWA584390	R. V. K.	45	MH20SWA584406	Patil
16	MH22SWA584391	A. Kulkarni	46	MH20SWA584407	R. Patil
17	MH22SWA584392	A. P. Malhar	47	MH20SWA584408	Patil
18	MH22SWA584393	-	48	MH20SWA584409	Vatili
19	MH22SWA584394	V. S. P.	49	MH20SWA584410	A. Shingade
20	MH22SWA584395	A. Parole	50	MH20SWA584411	Shingade
21	MH22SWA584396	A. Parole	51	MH20SWA584412	P. Shingade
22	MH22SWA584397	A. Parole	52	MH20SWA584413	T. Amichikar
23	MH22SWA584398	A. A. Shinde			
24	MH22SWA584399	K. Shinde			
25	MH22SWA584400	S. Shinde			
26	MH21SWA584401	S. Shinde			
27	MH21SWA584402	A. Shinde			
28	MH21SWA584404	-			
29	MH21SWA584405	S. Shinde			
30	MH21SWA584406	S. Shinde			

ANO

COY. COMMANDER  
Vivekanand College,  
Kolhapur.



Dr. R. R. Kumbhar

PRINCIPAL  
VIVEKANAND COLLEGE  
KOLHAPUR (AUTONOMOUS)