

“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)

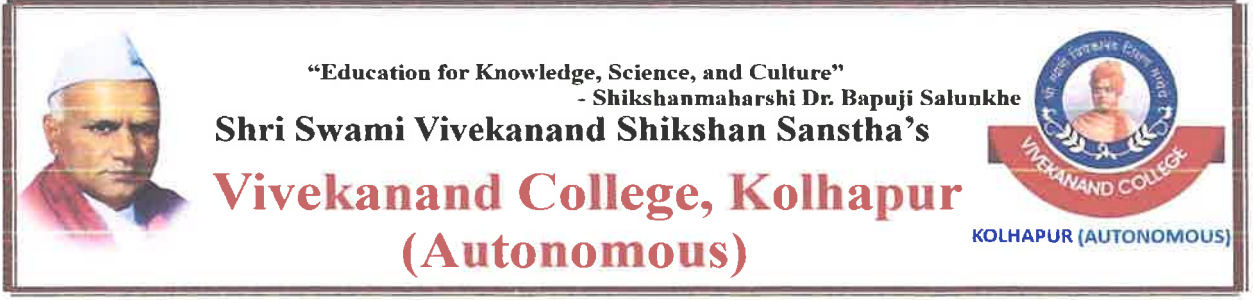
One Page Report: International Yoga Day

1.	Name of the Department	National Cadet Corps						
2.	Name of the Activity	International Yoga Day						
3.	Date / Duration	21/06/2022						
4.	Aims & Objectives	<ul style="list-style-type: none">To create awareness about yoga and meditation.To understand the importance of yoga and meditation in developing inner strength.To prevent various diseases by building inner strength.						
5.	No. of Beneficiaries	<table border="1"><tr><td><u>Total</u></td><td>97</td><td>64 girls</td></tr><tr><td><u>attende</u></td><td></td><td>33 boys</td></tr></table>	<u>Total</u>	97	64 girls	<u>attende</u>		33 boys
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<u>attende</u>		33 boys						
6.	Expenditure & Fundings							
7.	Brief Discussion	After the COVID-19 pandemic, the significance of yoga and meditation in our daily routine has increased. However, due to limited and superficial information about yoga and meditation, it may not effectively contribute to building inner strength. June 21st is celebrated as International Yoga Day, where coaches, meditators, guides, and gurus provide information on different yoga postures and meditation techniques. Vidya Lingras and Shubha Patil have imparted lessons on yoga and scientific meditation methods. The program, organized by the 5th and 6th Maharashtra NCC Battalion, was inaugurated by the honourable Principal, Abhay Kumar Salunkhe. Madam demonstrated yoga and meditation for 50 minutes, with active participation from staff, students, and NCC cadets. The program was efficiently managed under the guidance of Principal Dr. RR Kumbhar, Col. Manjunath Hegde, Col. Ganpati, Captain Sunita Bhosle and Lieutenant Jitendra Bharamgonda.						
8.	Outcomes	<ul style="list-style-type: none">Cadets gained awareness about the benefits of yoga and meditation.They committed to improving inner strength and participating in government campaigns.						

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



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



16/06/2022

National Cadet Corps

NOTICE

All SD and SW cadets are informed that the college's NCC department is organizing the INTERNATIONAL YOGA DAY program on 21 June 2022 at Shikshanmaharshi Dr. Bapuji Salunkhe Smriti Bhawan hall. All students should be present in tracksuits without fail at 6:45 AM.

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)





INTERNATIONAL YOGA DAY

21/06/2022



पुण्य नगरी

बुधवार, २२ जून २०२२

भारतीय संस्कृती योगसाधनेने सिद्ध : प्राचार्य साळुंखे

कोल्हापूर : प्रतिनिधी
भारतीय संस्कृती आणि लोकजीवन योगसाधना यांनी समृद्ध बनली आहे. भारतीय संस्कृतीमधील विविधतेतील अखंडता साधुसंतांची योगसाधना आणि तपश्चर्येमुळेच शक्य झाली, असे प्रतिपादन श्री स्वामी विवेकानंद शिक्षण संस्थेचे कार्याध्यक्ष प्राचार्य अभयकुमार साळुंखे यांनी विवेकानंद

महाविद्यालयातील एनसीसी आणि एनएसएस यांच्यातर्फे आयोजित आठव्या आंतरराष्ट्रीय योग दिन उद्घाटन समारंभप्रसंगी केले. अध्यक्षस्थानी चेअरमन प्रा. किरण पाटील होते.

यावेळी योगशिक्षिका गीता लिंघ्रस, दीपा पाटील यांनी प्रात्यक्षिकासह मार्गदर्शन केले. स्वागत लेफ्टनंट जितेंद्र भरमगोडा यांनी केले. आभार कॅप्टन सुनीला भोसले

यांनी मानले. सूत्रसंचालन अर्चना कुबेर यांनी केले. संयोजन प्राचार्य डॉ. आर. आर. कुंभार, ५ महाराष्ट्र एनसीसी कंट्रीऑफिसर कर्नल मंजुनाथ हेगडे यांच्या मार्गदर्शनाखाली करण्यात आले. प्रा. पी. आर. वागडी, प्रा. राजश्री पाटील, प्रा. वर्षा पवार, प्रा. बी. के. यादव, प्रा. सुप्रिया पाटील, एनएसएस आणि एनसीसी छात्र उपस्थित होते.

पो. 24/6/2022

INTERNATIONAL YOGA DAY 21 /06/2022



2022 23

VIVEKANAND COLLEGE ,KOLHAPUR (AUTONOMOUS)

INTERNATIONAL YOGA DAY F

DATE :21 JUNE 2022

Sr No	Regt No	SIGN	Sr No	Regt No	SIGN
1	MH20SWA559914		29	MH21SDA559949	
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		52	MH22SDA559974	
25	MH21SDA559944		53	MH22SDA559975	
26	MH21SDA559946				
27	MH21SDA559947				
28	MH21SDA559948				



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

