J.D. M. V.P Co-op Samaj's,
Shri S. S. Patil Art's, Shri Bhausaheb T. T. Salunkhe
Commerce & Shri G. R. Pandit Science College, Jalgaon.



# National Cadet Corps Report - 2020-21

Lt. Shivaraj B. Manake.

Company Commander, National Cadet Corps

Shri S. S. Patil Art's, Shri Bhausaheb T. T. Salunkhe Commerce & Shri G. R. Pandit Science College, Jalgaon.

## 1. 6 th International Yoga Day (21/06/2020) (YOGA FROM HOME) :

In the light of prevailing Covid-19 situation, 'Yoga from Home' was encouraged. Cadets participated individually or with their family members from the safety of their homes. Cadets followed common yoga protocol and as advised uploaded their videos on social media with #CYP2020\_NCC. Total 46 cadets and 1 ANO performed yoga and uploaded their Photos on social media.









#### 2. Fit India Movement:-



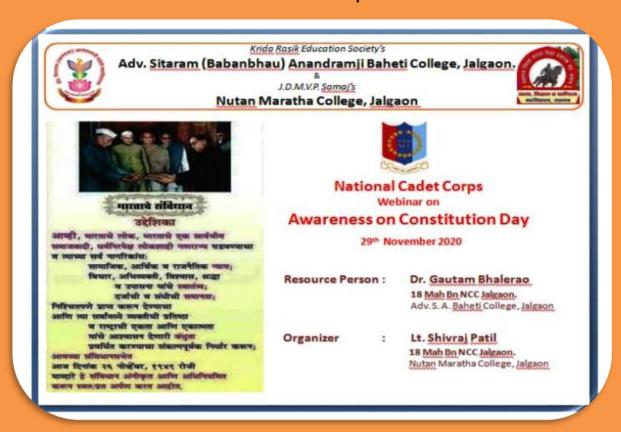


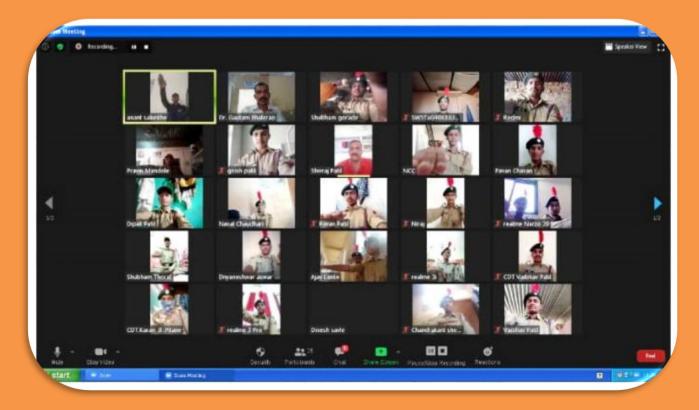


Fit India online webinar for SD cadets guest lecture by Shri Satish Kogta (Physical Director) after that student follow their guideline & practice at their own place in corona pandemic.



3. Awareness on Indian Constitution in corona pandemic Online webinar on 29/11/2020 in webinar 78 cadets are Participated:





#### 4. Achievement: -

Lt Rahul Patil (Gorkha Regt.), Tejas Patil, Durgadas Gaikwad, Rahul Patil, Dinesh Patil.





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#### Report of Webinar "Health and Yoga"

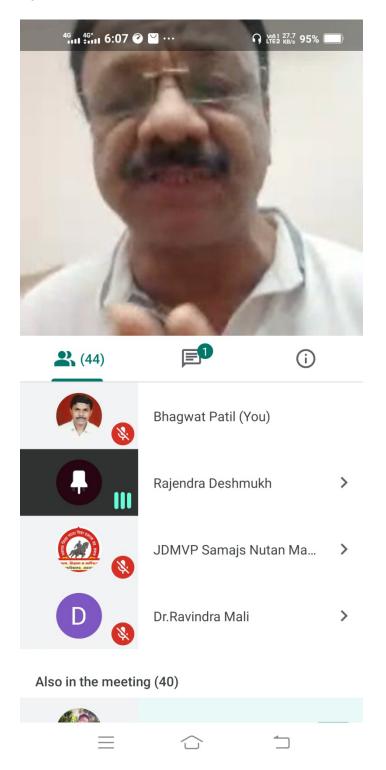
Date: 19/06/2021

On ahead of International Yoga Day (21st June) a webinar has been organised be I.Q. A.C. Nutan Maratha college Jalgaon on 19th June 2021, at 6:00 p.m. through online Google Meet platform. Dr.vRavindra M. Mali was the guest-speaker. At the beginning of the session, B.C. Patil introduced the guest. Dr A Y. Badgujar put forth the overall activities of I Q A C. Later on Dr Mali began his session with the health tips for maintaining our body and its smooth function. He described it as per the role of the different organs in the human body. He asserted to follow the daily routine which is important for health. He also explained the the importance of Yoga and Pranayam in our life. He said that in the the pandemic circumstances like COVID 19, one who practice the Yoga daily, has less threat of such diseases. At the end of the session, Dr Mali also explain the role of meditation for peace of mind in human life. The program went on with the presidential address of Prof. Dr. S. A. Gaikwad. At the end, Pallavi Shimpi presented vote of thanks. The whole session was anchored by Professor Rajendra V Deshmukh. Vice Principal Dr. N J Patil, Prof. R B Deshmukh, Prof. A B Wagh were also present. Prof Dr. Afaaq Shaikh, Prof. Dr. M.S. Patil Madam, took efforts for the success of the program. Following are the links of joining on Google Meet and Feedback form respectively.

1. <a href="https://meet.google.com/omq-uggq-qmo">https://meet.google.com/omq-uggq-qmo</a>

https://docs.google.com/forms/d/e/1FAIpQLScpeGJwMUdIEj8Z99aAHDec-7jLN cfCnG9wA3xzJcGEZkorQ/viewform?usp=sf link

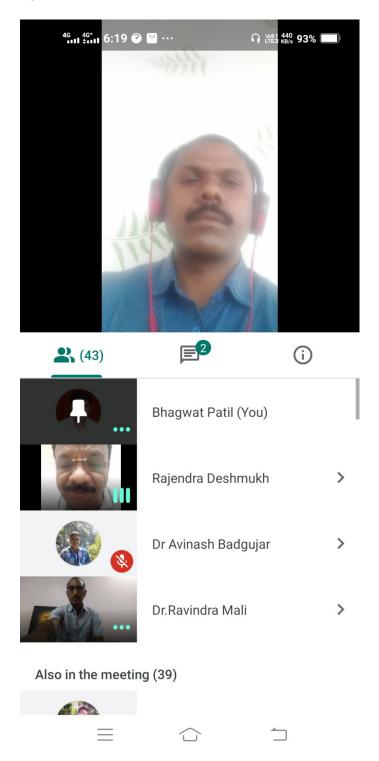
Pic 1.



Webinar on 'Health and Yoga' 19/06/2021

Prof. R. V. Deshmukh while anchoring the session

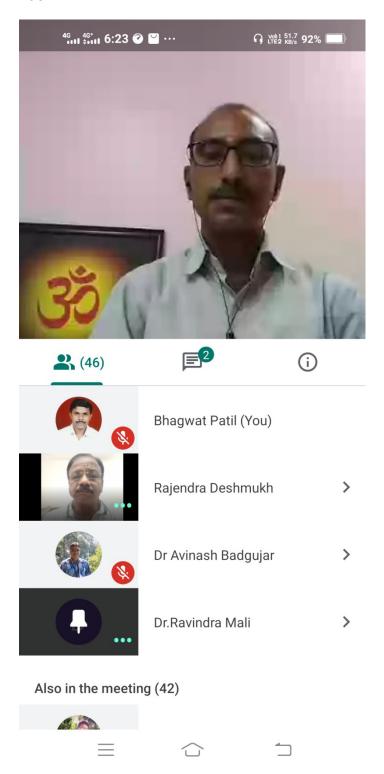
Pic 2.



Webinar on 'Health and Yoga' 19/06/2021

Prof. B. C. Patil while introducing the Guest-Speaker

Pic 3.



Webinar on 'Health and Yoga' 19/06/2021

Dr. Ravindra M. Mali (Guest-Speaker) conducting the session