



Circular

Tele & Fax : 0657 2220015

No. G/Yoga/2024
All Coys/Troops

PRIORITY

37 Jharkhand Battalion NCC
Army Camp Sonari
Jamshedpur - 831001

18 Jun 2024

**PARTICIPATION OF NCC CADETS IN YOGA ON
INTERNATIONAL DAY OF YOGA (IDY) 21 JUN 2024**

1. It is intimated that NCC Cadets of the undermentioned Institution will attend International Day of Yoga on **21 Jun 2024 from 0600hrs to 0645 hrs at Jamshedpur Co-operative College, JSR** :-

SL NO.	Name of Institution	Cadets strength	Remarks
(i)	Co-operative College, JSR	40 Cdts	ANOs are requested to bring Cadets Nominal Roll and ensure that Cadets must carry a Bedsheet & report at Co-operative College at 0530hrs. Nominal Roll in Soft & Hard Copy is reqd. ANOs will be present for Yoga.
(ii)	KC College, JSR	40 Cdts	
(iii)	LBSM College, JSR	40 Cdts	
(iv)	Jamshedpur Womens University	30 Cdts	
(v)	Arka jain University	45 Cdts	
(vi)	DBMS Girls H/S JSR	35 Cdts	
(vii)	ADL Society H/S	40 Cdts	
(viii)	St. Mary's Eng H/S Bistupur	30 Cdts	
(ix)	C K High School, Sakchi	30 Cdts	
(x)	Sardamoni Girls H/S Sakchi	40 Cdts	
(xi)	BSS Sonari	40 Cdts	
(xii)	Guru Nanak H/S Sakchi, JSR	40 Cdts	
(xiii)	Jamshedpur Balika Vidyalaya	25 Cdts	
(xiv)	St. Mary's Hindi H/S	25 Cdts	
(xv)	Jamshedpur High School	40 Cdts	
(xvi)	KPS Mango	30 Cdts	
(xvii)	NML KPS Agrico	30 Cdts	
	TOTAL	600 Cdts	

2. It is further intimated that Cdts who are located **away from Jamshedpur** will also attend IDY at respective location being org by Institution/District Administration on **21 Jun 2024 from 0600hrs to 0645 hrs**

SL NO.	Name of Institution(Out Station)	Cadets strength	Remarks
(i)	S B College, Chandil	100 Cdts	Nominal Roll, Photo & Media Coverage to be submitted by 22 Jun 2024 at 1100hrs
(ii)	SPG Mission H/S (50 Cdts), Tata College (50 Cdts), St. Xavier's H/S, Chaibasa (50 Cdts), ITI Chaibasa (25 Cdts) & JNV Chaibasa (25 Cdts).	200 Cdts	
(iii)	SNS Vidyamandir Ghatsila & Ghatsila College,	50 Cdts	
(iv)	AEC School Jaduguda	50 Cdts	
	TOTAL	400	

3. **Refreshment** Refreshment will be provided @ Rs. 25/- Per Cadet. All out station sub units will provide refreshment @ Rs. 25/- per Cadet having 01x Amul Chanch, 01x Biscuit (Britania/Parle)& 01x Bhujia (Haldiram/Bikaji). Refreshment amount will be paid by the Bn to all Sub Unit once the GST bill is received from the concerned sub units.

4. **Media Coverage** All sub Units will give wide media publicity to the event in print, and electronic media. Good Quality pictures and videos will be taken and shared with this Bn e mail ID nccdtbjr37bn@gmail.com immediately on termination of the event.

(G K Mishra)
Lt Col
Adm Officer
For CO

Copy to :-
NCC Group HQ, Ranchi

- For info pl.



YOGA DAY

Type of the event	Life Skill / Extension Activity
Name of the event	Yoga Day
Date of the event	21-06-2024
Event lead	Dr. Arvind Kumar Pandey and LT. Ranjeet Kumar
Event co-coordinators	LT.Ranjeet Kumar/ESM Amardeep Samad/GCIKhushboo kumari

Objectives:-

- To promote the practice of yoga for physical and mental well-being.
- To educate participants on the benefits of regular yoga practice.
- To bring the community together for a day of health and wellness activities.

Detail:-

International Yoga Day was celebrated at the Cooperative Ground on June 21, 2024. The event aimed to promote the physical and mental benefits of yoga and to encourage community participation in health and wellness activities. The event was well-attended by individuals of all ages, showcasing the universal appeal and benefits of yoga.

Yoga Instructor led the participants through a 45-minute Common Yoga Protocol session. This included a series of yoga asanas, pranayama (breathing exercises), and meditation techniques suitable for all levels of practitioners.

Following the main session, various specialized workshops were conducted:

Yoga for Beginners: Focused on introducing yoga to new practitioners, teaching basic postures and breathing exercises.

Advanced Yoga Techniques: Targeted at experienced yoga practitioners, covering complex poses and sequences.

Family Yoga: Designed for families to practice yoga together, promoting bonding and healthy habits.

Meditation and Relaxation: Focused on techniques for mental relaxation and stress relief.

Outcome: -

The International Yoga Day event at Cooperative Ground was a significant success, achieving its goals of promoting yoga and fostering community spirit. The event demonstrated the widespread interest in yoga and its benefits, and the organizers plan to make this an annual celebration with increased participation and activities.**Event Picture:**








को-आपरेटिव कालेज मैदान में योग करते एनसीसी पदाधिकारी, कैडेट्स व शिक्षक ।



List of students

<div>    </div>				
<div> 8/37 JH BN NCC COY YOGA DAY 21 JUNE DATE- 21/06/24 </div>				
S/N	REGT NO.	RANK	NAME	SIG
1	JH22SWA 609236	U/O	Akshita Anaya	Akshita Anaya
2	JH22SWA 609230	SGT	Karuna Prasad	Karuna p
3	JH22SDA 609248	SGT	Namit Das	Namit d
4	JH23SDA 011521	4/CPL	Anurag Kumar Rai	Anurag K.R. Rai
5	JH23SDA 002291	CDT	Anurag Kumar	Anurag Kumar
6	JH23SDA 002330	CDT	Raj Jet Sonkar	Raj Jet Sonkar
7	JH23SDA 002336	CDT	Nirpendra Naryan	Nirpendra
8	JH23SDA 011519	CDT	Rahul Kumar Mahato	Rahul Kumar
9	JH23SDA 000033	CDT	Abhishek Kumar Singh	Abhishek Kumar Singh
10	JH23SDA 000620	4/CPL	Sagal Paul	Sagal Paul
11	JH23SDA 011551	4/CPL	Mani Shankar Mishra	Mani Shankar
12	JH22SDA 609251	CPL	Pankaj Kushore	Pankaj Kushore
13	JH22SDA 609258	CPL	Anish Kumar	Anish k
14	JH22SDA 609278	SGT	Balbir Das	Balbir Das
15	JH22SDA 609243	4/CPL	Natish Prasad	Natish p
16	JH22SDA 609244	CPL	Dev Raj Dev	Dev Raj
17	JH22SDA 609256	CPL	Abhimanyu Kumar	Abhimanyu k
18	JH22SDA 609253	4/CPL	Rohit Kumar Gupta	Rohit kumar
19	JH22SDA 609267	U/O	Sagar Malind	Sagar malind
20	JH23SDA 011239	CDT	Anurag Sarkar	Anurag s
21	JH23SDA 000032	CDT	Rupak Patra	Rupak p
22	JH23SDA 011560	CDT	Dheeraj Mahapatra	Dheeraj Mahapatra
23	JH23SDA 609161	CDT	Prashant Abhishek Sengupta	Prashant s
24	JH23SDA 011545	CDT	Sangeet Das	Sangeet d
25	JH23SDA 011550	CDT	Aniket Tanubhai	Aniket tanu
26	JH23SDA 000019	4/CPL	Pratik Sharma	Pratik sharma
27	JH23SDA 011548	CDT	Aditya Kumar	Aditya k
28	JH23SWA 011520	4/CPL	Priya Singh	Priya Singh
29	JH23SWA 000018	4/CPL	Priya Kumari	Priya k