

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

New Arts, Commerce and Science College, Shevgaon



INTERNAL QUALITY ASSURANCE CELL

CRITERION 7: Institutional Values & Best Practices



Yoga Day

2017-18 to 2021-22

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Shevgaon

NATIONAL CADET CORPS

Departmental Activity Number: 07

| Name of the Activity: Celebration of Yoga Day | | | |
|---|---|---|--|
| Date | Faculty | Department/ Committee | Name and Phone No. of the Coordinator/ Convener |
| 21 st June, 2017 21 st June, 2018 21 st June, 2019 21 st June, 2021 21 st June, 2022 | NCC | NCC | Lt. Narayan S. Gore 9604112211 |
| Time | Venue | Activity for Class/ group & Number of Participants | Nature of the Activity |
| 10:00 AM | Multipurpose Hall, Indoor Stadium, College Lawn | 54 | Lecture and Demo |

NAAC criterion in which activity is useful: 03

Brief Information about the Activity:

| Topic/ Subject of the Activity | Celebration of Yoga Day |
|---------------------------------------|--|
| Objectives | Objectives: <ol style="list-style-type: none"> 1. To know the importance of Yoga. 2. To create awareness among student regarding great culture of India. 3. To inculcate importance of |

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|---------------------------------|---|
| | <p>physical as well as mental fitness.</p> <ol style="list-style-type: none"> 4. To introduce students with various yoga types. 5. Inspire students to spread yoga as an exercise. |
| Methodology of Execution | <p>Description of Activity in Brief: On the occasion of International Yoga day that is on 21st June, 2019 NCC department celebrated Yoga day by doing Yoga practices. Yoga trainer Mr. K.D. Kamble taught yoga practices to the students. And also gave lecture on importance of yoga to live healthy life. Total 54 cadets of NCC participated in this program. Lt. Narayan Gore expressed gratitude towards Yoga trainer.</p> |
| Outcomes | <p>Outcomes:</p> <ol style="list-style-type: none"> 1. Students learned various Yog aasanas. 2. They understood importance of Yoga. 3. They came to know how to live healthy life with the help of Yoga. 4. Students understood the value of healthy mind and body. |



21/06/2017



21/06/2018



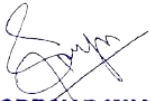
21/06/2019



21/06/2021



21/06/2022


Lt. GORE NARAYAN S.
 Associate NCC Officer
 17th Mah. Bn. NCC Ahmednagar
 New Arts, Comm. & Sci. College Shevgaon


Co-Ordinator
IQAC
 New Arts, Commerce & Science College,
 Shevgaon, Dist. Ahmednagar


Principal
 New Arts, Com.& Science College
 Shevgaon, Dist. Ahmednagar

