



HALDIA GOVERNMENT COLLEGE
NATIONAL CADET CORPS
(Under 55 Bengal BN NCC, Tamluk)



P.O.- DEBHOG:: PIN- 721657:: P.S.- HALDIA:: PURBA MEDINIPUR


Notice No.: 102/HGC/NCC/23.

Date: 18/06/2023.

NOTICE

Celebration of International Yoga Day

All the Cadets of this COY are hereby informed that International Yoga Day celebration is going to be held on June 21, 2023 from 07:00 AM onwards at College campus. The programme will include talks about importance of Yoga, besides presentations of Yoga and its different *asanas* by the NCC Cadets. Therefore, you are advised to participate in this event and discover the transformative power of Yoga.


18/06/2023
Lt Dr. Mohan Chandra Dolai
Associate NCC Officer
National Cadet Corps
Haldia Government College

Report

Name of the Activity: Celebration of International Yoga Day

Category of the Activity: Health Awareness

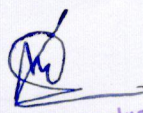
Date, Time & Venue: 21.06.2023; 07:00 AM; College Campus

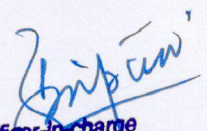
No. of Participants: 30

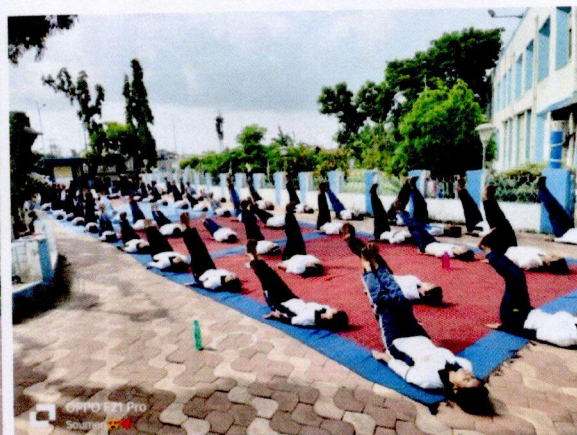
Brief Description of the Program:

The International Yoga Day 2023 celebration was organized by this NCC COY at the College premises under the supervision of 55 Bengal BN NCC, Tamluk. In the celebration, Haldia Government Sponsored Vivekananda Vidyabhavan and Poura Pathbhavab, Haldia were invited along with their cadets. This collaborative effort ensured a well-rounded and enriching experience for all participants. The event witnessed active participation from approximately 120 cadets (Junior and Senior Division). For the smooth coordination of the said event Trg JCO Hamr of 55 Bengal BN NCC, Tamluk was available from the very early morning. ANOs of both Troops were also present and encouraged the cadets. ANO of this COY Lt Dr. Mohan Chandra Dolai delivered a speech and he highlighted the widespread interest and commitment to embracing yoga as a means of promoting well-being. The participants were guided through a series of yoga *asanas* focusing on flexibility, strength, and relaxation techniques. Senior CDT Safina Parvin and CDT Sourav Bijali of this COY led the sessions very soundly. Breathing exercises (*pranayama*) and meditation techniques were taught to enhance the participants' concentration and calm their minds. The whole programme smoothly led by CDT Abhijoy Ghosh.




Lt Dr. Mohan Chandra Dolai
Associate NCC Officer
National Cadet Corps
Haldia Government College


Officer-in-charge
Haldia Government College
P.O. Debnog, Dist- Purba Medinipur



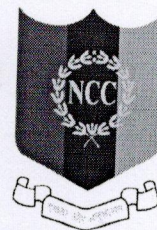
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NATIONAL CADET CORPS

HALDIA GOVERNMENT COLLEGE

Debhog-721657; Haldia; Purba Medinipur



ATTENDANCE SHEET

Name of the Activity: Celebration of International Yoga Day

Category of the Activity: Health Awareness

Date, Time & Venue: 21.06.2023; 07:00 AM; College Campus

No. of Participants: 30

Sl.No.	Name	Regt. No.	Signature
1.	RAHUL JANA	WB2022SDA247221	Rahul jana
2.	SUSANTA GRAYEN	WB2022SDA247218	Susanta Grayen
3.	SUBHAJIT MONDAL	WB2022SDA247208	Subhajit mondal
4.	PARESH CHANDRAPAIK	WB2022SDA247222	Pareesh Chandrapaik
5.	SUKANTA PATRA	WB2022SDA247209	Sukanta patra
6.	SOU MEN CHAKRABORTY	WB2022SDA247210	Soumen Chakraborty
7.	SUSANTA PAUL	WB2022SDA247194	Susanta Paul
8.	RANAJIT MANNA	WB2022SDA247223	Ranajit manna
9.	ATIN DAS	WB2022SDA247219	Atin das
10.	KARTIK SAMANTA	WB2022SDA247211	Kartik samanta
11.	RAJESH TEWARY	WB2022SDA247224	Rajesh Tewary
12.	MAHENDRANATH DAS	WB2022SDA247212	Mahendranath das
13.	SUMAN DAS	WB2022SDA247213	Suman Das
14.	ANIRUDDHA PANDA	WB2022SDA247214	Aniruddha Panda
15.	SUBHRA PATRA	WB2022SDA247215	Subhra Patra
16.	SOUVIK ADHIKARY	WB2022SDA247216	Souvik adhikary

