

Tele: 0171-2645202

Email ID- [oneharyanagirlsbnamb@gmail.com](mailto:oneharyanagirlsbnamb@gmail.com)

1 Har Girls Bn NCC  
52 Staff Road  
Arya Girls College Complex  
Ambala Cantt

No.35/Trg/vol-I

22 May 2017

To  
The Principal

DMMV Kurukshetra

**INTERNATIONAL DAY OF YOGA: 21 JUNE 2017**

Sir/Madam,

1. International day of Yoga will be celebrated on 21 June 2017 by NCC all over India.

2. You are requested to take following actions for the smooth conduct of the event:-

- (a) Start practicing yoga at your levels in your institutions. You are requested to please arrange an instructor at your level. The protocol for the same is available online at Google and YouTube. We will also forward to you in soft copy as and when we receive from higher headquarters.
- (b) Forward a nominal roll both in hard/soft copy (Excel sheet) of the cadets as per format attached as appx 'A'. Endeavour should be made so that 100% cadets of your institution attend yoga. Please note that new enrolled cadets will also attend the same.
- (c) Inform about your venues for the final day 21<sup>st</sup> June 2017.
- (d) Photographs of practice sessions and on 21 June 2017 should be sent to us time to time.
- (e) Media coverage should be arranged if possible to cover the whole event.
- (f) There will be one venue for all the institutions located at Ambala. The venue will be informed later.
- (g) Witness certificate is attached is attached as Appx 'B' for the signature of witness.

Regards.

(Meenakshi)  
Maj  
Adm Offrs  
For CO

**Copy to:-**

ANOs/CTOs :- For action.

Encls: As above

Search mail  [Advanced](#)

Setfir

- Write mail
- Inbox
- Bulk
- Junk
- Sent
- Trash
- Drafts
- Add a new folder
- Address Book
- Calendar
- Rediffmail for Mobile

Back Reply Reply All Forward Move mail Delete Spam

163  
6/6/17

### Fwd: PARTICIPATION OF ALL NCC CADETS IN YOGA ON INTERNATIONAL DAY OF YOGA (IDY) : 21 JUN 2017

From: Girls Ncc <oneharyanagirlsbnamb@gmail.com> on Mon, 05 Jun 2017 10:08:00 | Add to address book  
To: You & 26 others | See Details

7 attachments - Download All

Appx\_A\_to\_D.  
xlsx

12.3 KB

Download

Mrs. Sushma  
6/6/17

----- Forwarded message -----  
From: **NCC Group Ambala** <nccamb@gmail.com>  
Date: Fri, Jun 2, 2017 at 12:06 PM

Subject: PARTICIPATION OF ALL NCC CADETS IN YOGA ON INTERNATIONAL DAY OF YOGA (IDY) : 21 JUN 2017  
To: 2 Har Bn <2haryanabnccambala@gmail.com>, 7 Har Bn <harncc7bn@gmail.com>, 10 Har Bn <oc10harbncc@gmail.com>, 12 Har Bn <12harncc@gmail.com>, 14 Har Bn <14haryanabncc@gmail.com>, 15 Har Bn Jind <15harnccjind@gmail.com>, Girls Bn <oneharyanagirlsbnamb@gmail.com>, Har Air Sqn <airnccamal@gmail.com>

1. PI ref NCC Directorate Chandigarh letter No 1501/8/SS/Trg dated 08 Mar 17 (copy att).
2. IDY is being celebrated on 21 Jun 17. Certain imp pts are as under:-
  - (a) All units will ensure maximum participation of cdts on 21 Jun 17.

© 2017 Rediff.com India Limited.  
Disclaimer | Privacy Policy | T&C  
Feedback

6 pg. end



Tele : 2741178  
Email: nccbbf@gmail.com

NCC Dte (PHHP&C)  
Kendriya Sadan (5<sup>th</sup> Floor),  
Sector 9 A  
Chandigarh - 160017

08 Mar 2017

1501/8/SS/Trg

NCC Group HQ Amritsar  
NCC Group HQ Jalandhar  
NCC Group HQ Ludhiana  
NCC Group HQ Patiala  
NCC Group HQ Ambala  
NCC Group HQ Rohtak  
NCC Group HQ Shimla  
NCC Group HQ Chandigarh

**PARTICIPATION OF ALL NCC CADETS IN YOGAON  
INTERNATIONAL YOGA DAY (IDY) (21 JUN 2016)**

1. Refer HQ DGNCC letter No. 4180/Yoga/DGNCC/Trg A dated 06 Mar 2017 (copy attached).
2. Action plan for celebration of International Day of Yoga on 21 Jun 2017 as directed is as under :-
  - (a) All activities of NCC for International Yoga Day will be in synergy with Min of AYUSH.
  - (b) Although no record setting is being carried out by NCC, however maximum participation of NCC cadets is to be carried out for IDY 2017.
  - (c) The protocol for IDY 2017 will be fwd in soft copy by 22 Mar 17. However the protocol for IDY 2017 is almost akin to last year's protocol and is likely to have some more asanas; hence, the practice can commence forthwith.
  - (d) The dress for the participation shall be Track Suit/ NCC Uniform/School Uniform/ T-Shirt with Khaki Trousers/ Track Lower/ Salwar/ Shorts for JD/JW. It will be ensured that only one kind of dress is worn at one venue.
  - (e) The training shall be carried out under the arrangements of Groups with the assistance from local Yoga Institutes/ available in house trainers (PI Staff/ ANO). All NCC cadets will be trained as per the Yoga protocol and will participate in the event on 21 Jun 2017. Groups to ensure training of all the NCC cadets in their Groups.
  - (f) The Venues for trg and actual conduct can be decided by the Groups itself.
  - (g) All cadets will undergo training during the Institutional Trg/ ATC/CATC/. Therefore Groups are requested to plan maximum ATC/CATC accordingly and get approved to train maximum NCC Cadets.
  - (h) One month Yoga training programme is being org for the general public in each of the districts in the country through Yoga Institutions, NGOs, NYKS etc.

Contd....



Tele:0171-2645202

1 Haryana Girls Bn NCC  
52 Staff Road  
Arya Girls College Complex  
Ambala Cantt

No.35/Trg/vol-I

12 Jun 2017

To  
The Principal

D M M V Kurukshetra

**INTERNATIONAL DAY OF YOGA: 21 JUNE 2017**

Sir/Madam,

1. Further to this unit letter No.35/Trg/Vol-I dt 22 May 2017.
2. IDY is being celebrated on 21 Jun 17. Certain important points are as under:-
  - (b) All institutions will ensure maximum participation of cdt's on 21 Jun 17.
  - (c) The dress for the participation shall be Track Suit/NCC Uniform/School Uniform/T-Shirt with Khaki Trousers/Track Lower/Salwar/Shorts for JD/JW. **It will be ensured that only one kind of dress is worn at one venue.**
  - (d) All NCC cadets will be trained as per the existing yoga protocol and will participate in the event on 21 Jun 17. Institutions to ensure training of all the NCC cadets in their School/College
  - (d) Venue for following institution will be Police Grounds Ambala City. Cadets in this venue will go in NCC uniforms.
    - (a) Arya girls College Ambala Cantt.
    - (b) S D Vidya School Ambala Cantt
    - (c) K V No 1 Ambala Cantt
    - (d) K V No 4 Ambala Cantt
    - (e) A PS Ambala Cantt
    - (f) Convent of Sacred Heart Ambala Cantt.
    - (g) GMN College Ambala Cantt.
    - (h) M D SD College Ambala City
    - (j) Dev Samal College Ambala City
    - (k) AKMV, Shahabad, Markanda
    - (l) M P N Mullana
  - (e) Venue for Institutions in Panchkula will be Parade Ground Sec.5 Panchkula
    - (a) GSSS,Sec-06, Panchkula.
    - (b) GGSSS, Sec-15, Panchkula
    - (c) Govt Sen.Sec.School, Sec-19, Panchkula
    - (d) Govt PG College, Sec-1, Panchkula
    - (e) GCG, Sec-14, Panchkula
    - (f) Govt. Sen Sec School, Raipur Rani, Panchkula
  - (f) Rest of the institutions will be conducting the IDY 2017 at their own level locally.
  - (g) Protocol and timing to be followed as given in the CD.
  - (h) Uniform for all venues should be black/blue track lower with white T-Shirt for institutions who are conducting yoga at the common venue together with DC, uniform will be khakhi pant with white T-Shirt.

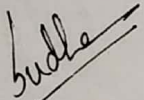
19  
DAYANAND MAHILA MAHAVIDYALAY, KURUKSHETRA

DATED :0.2.6.17

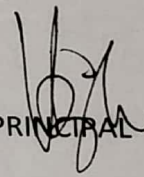
NOTICE

All the NCC Cadets of 1st year, 2nd year & 3<sup>rd</sup> year are hereby informed that **INTERNATIONAL YOGA DAY** is going to be celebrated in the College on **21<sup>st</sup>, JUNE 2017**. A Yoga training is going to be held from 15.06.17 to 21.6.17 from 8.30 to 10.30am. It is compulsory for all cadets.

College students who are interest to participate can also attend this.



SUDHA SETHI  
NCC OFFICER



PRINCIPAL



द्वयानंद महिला महाविद्यालय कुरुक्षेत्र में दिनांक 15-6-17 को योग शिविर का शुभारंभ किया गया। यह शिविर 15-6-17 से 21-6-17 तक लगाया जाएगा। इस शिविर में NCC तथा NSS की छात्राओं ने भाग लिया। जिसमें छात्राओं को सडीलजा / कलना क्रिया, समस्थिति, नी मूवमेंट, ताड़ासन, पदाहस्तासन, त्रिकोणासन, पवनमुक्तासन, भुजंगासन, वक्रासन, अनुलोम-विलोम, श्वासन, कपालभाती इत्यादि भौतिक क्रियाओं का अभ्यास करवाया गया। प्राचार्य महोदय ने छात्राओं को बताया कि योग से हमारा मन एवं शरीर तंदुरुस्त रहता है तथा हमारे शरीर के सभी अंग, प्रत्यंग स्वस्थ रूप से कार्य करते हैं। योगासन करने से हमें ब्लड प्रेशर, डाइबीटीज तथा रेस्पिरेटरी डिस्ऑर्डर की कोई बीमारी नहीं लगती। योगासन करने से हमें डिप्रेशन, चकावट, anxiety तथा stress सम्बन्ध सम्स्यारण नहीं होती। प्राचार्य महोदय ने छात्राओं को समझाया कि Healthy Brain always reside in the healthy body. अतः आप सभी विद्यार्थियों को अपनी दैनिक जीवन शैली में योग को अनिवार्यरूप से अपनाना चाहिए तभी आप अपने जीवन के चरम एवं ब्रेक लक्ष्यों को सहजता से प्राप्त कर पायेंगी। इस आयोजन में डा. (जीमती) कमलेश कौशल, कैप्टन सुधा रानी तथा कु. शीना विशेष रूप उपस्थित रहे।

*Sheena*

Sheena



# कुरुक्षेत्र विश्वविद्यालय में शिक्षकों, अशौक्षांगिक कर्मियों, छात्रों एवं अन्य साधकों ने किए योगासन



एन.सी.सी. तथा एन.एस.एस. की छात्राओं को योग सिखाती डा. निरूपमा भट्टी व अन्य, मंजु, जगदीप कौर व नीतू को स्मृति विन्ह भेंट करती प्राचार्या एवं योग-संमीनार को सम्बोधित करते ए.डी.सी. धर्मवीर सिंह।

योग शिविर का समापन  
दयानंद महिला महाविद्यालय में  
अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में  
एन.सी.सी. व एन.एस.एस. यूनिट द्वारा  
आयोजित 7 दिवसीय योग शिविर का  
समापन किया गया।

डा. निरूपमा भट्टी, जिला प्रभारी  
महिला पतंजलि योग समिति व गणित  
प्राध्यापिका कुरुक्षेत्र विश्वविद्यालय  
कार्यक्रम की मुख्यातिथि रही।  
मंजु कोषाध्यक्ष पतंजलि योग  
समिति, नीरु योग शिक्षिका, जगदीप  
योग शिक्षिका ने छात्राओं को योग के

चालन, आसन, प्राणायाम का अभ्यास  
करवाते हुए प्रोटोकॉल करवाया।

इस अवसर पर प्राचार्या डा.  
विजयलक्ष्मी सिंह, एन.सी.सी.  
ऑफिसर सुधा सेठी व शीना एवं  
एन.एस.एस. प्रोग्राम ऑफिसर डा.  
मनजीत कौर उपस्थित रहे।

डा. धर्मवीर सिंह

28

One week Yoga Camp (15-21.6.17)

15/6/17

List of Cadets Participating in  
Yoga Camp (35)

Sr No.	Roll No.	Name	Class
1	3155	Poonam	BCom III SFS
2	2319	Kajal Devi	BSC I CS
3	3146	Rakhi	BA I
4	2944	Niharika	BCom II G
5	3261	Sapna Devi	BA I
6	3545	Neelam	BCom I
7	45	Aditi	BA III
8	6853	Parul	BSC II CS
9	6149	Ekta	BSC II NM
10	1256	Poonam	BCom III
11	6819	Manpreet	BSC II CS
12	6178	Sandhya	BSC II NM
13	1266	Keelum	BCom III G
14	6807	Neetu Shiman	BSC II CS
15	1772	Priyanka	BCom II SFS
16	3026	Himanshi	BCom II WC
17	3519	Kamal Rani	BCom I G



Sr No.	Roll No	Name	Class
18	2544	Deepika	BA II
19	3225	Salita	BA I
20	2681	Sangeeta	BA II
21	3295	Navneet Kaur	BA I
22	2533	Kajal	BA II
23	2541	Pooja	BA II
24	3344	Aanchal	BA I G
25	2913	Sonia	BLOM II G
26	2307	Aarzu	BSC I CS
27	6822	Nancy	BSC II CS
28	2929	Meenakshi	BLOM II G
29	1230	Blawna	BLOM III
30	248	Renu	BA III
31	3290	Neha	BA I
32	3510	Mansi Sharma	BLOM I G
33	3609	Palak	BA I WC
34	2369	Preeti	BSC I CS
35	3186	Kusum	BA I

Sudha

## List of Cadets Participating in Camp (38)

Sr No.	Roll No.	Name	Class
1	45	Aditi	BA III
2	2913	Soniq	BCom II G
3	2929	Meenakshi	)
4	1256	Poonam	BCom III
5	2944	Niharika	BCom II G
6	6149	Ektq	BSC II NM
7	7772	Priyanka	BCom II SFS
8	2544	Deepika	BA II
9	2369	Preeti	BSC I CS
10	6178	Sandhya	BSC II NM
11	6819	Manpreet	BSC II CS
12	3295	Navneet	BA I
13	3755	Poonam	BCom III SFS
14	3261	Sapna Devi	BA I
15	2307	Aarzo	BSC I CS
16	2319	Kajal	BSC I CS
17	3146	Rakhi	BA I
18	248	Renu	BA III
19	3545	Nelam	BCom I



Sr No.	Roll No	Name	Class
20	8560	Mansi	BCom I G
21	3026	Himanshi	BCom II voc
22	2702	Rojy	BA II
23	6853	Palul	BSc II CS
24	6807	Neetu	BSc II CS
25	21	Kajal	BA III
26	1266	Keusum	BCom III G
27	3617	Meenu	BA I
28	2681	Sangeeta	BA II
29	3344	Aanchal	BA I G
30	3225	Sarita	BA I
31	6822	Nancy	BSc II CS
32	6848	Anuradha	BSc II CS
33	922	Neha	BA III voc
34	2533	Kajal	BA II
35	2581	Sonia	BA II
36	3186	Keusum	BA I
37	3290	Neha	BA I
38	3609	Palak	BA I voc

Sudha

One week Yoga Camp (15-21.6.17) 17/6/17

List of Cadets Participating in Camp (34)

Sr No	Roll No	Name	Class
1	1204	Purna	Bcom III G
2	3609	Palak	BA I voc
3	3573	Kamal	Bcom I G
4	922	Neha	BA III voc
5	3755	Poonam	Bcom III SFS
6	2159	Anjali	BSC I NM
7	3261	Jyoti	BA I
8	2633	Rishdeep	BA II
9	3617	Meenu	BA I
10	2319	Kajal	BSC I CS
11	6149	Ekta	BSC II NM
12	21	Kajal	BA III
13	3186	Keelum	BA I
14	1230	Bhawna	Bcom III
15	1256	Poonam	Bcom III
16	2702	Rojy	BA II
17	6848	Anuradha	BSC II CS
18	3510	Mansi	Bcom I G



Sr No	Roll No	Name	class
19	7772	Priyanka	Bcom II SPS
20	6822	Nancy	BSC II CS
21	2944	Niharika	Bcom II G
22	3295	Navneet kaur	BA I
23	3344	Aanchal	BA I G
24	2913	Sonia	Bcom II G
25	2369	Preeti	BSC I CS
26	2681	Sanjeeta	BA II
27	2929	Meenakshi	Bcom II
28	248	Renu	BA III
29	6807	Neetu	BSC II CS
30	6819	Manpreet	BSC II CS
31	2544	Deepika	BA II
32	3545	Neelam	Bcom I
33	2307	Aarzu	Bsc I CS
34.	3146	Rakhi	BA I

*Sudha*

One week Yoga Camp (15-21.6.17) 18/6/17

List of Cadets Participating in Camp (30)

Sr No.	Roll No	Name	Class
1	248	Renu	BA III
2	2307	Aarzu	BSC I CS
3	3344	Aanchal	BA I G
4	1204	Prerna	Bcom III G
5	2541	Prince	BA II
6	2533	Kajal	"
7	2681	Sangeeta	BA II
8	3295	Navneet	BA I
9	3290	Neha	"
10	6822	Nancy	BSC II CS
11	3573	Kamal	Bcom I G
12	2544	Deepika	BA II
13	2581	Soni	"
14	3225	Sarita	BA I
15	2929	Meenakshi	Bcom II G
16	6848	Anuradha	BSC II CS
17	2159	Anjali	BSC I NM
18	1230	Bhawna	Bcom III



Sr No	Roll No	Name	Class
19	6149	Ekta	BSC II NM
20	1266	Keelum	BCom III G
21	3146	Rakhi	BA I
22	2369	Preeti	BSC I CS
23	3155	Poonam	BCom III SFS
24	45	Aditi	BA III
25	6807	Neetu	BSC II CS
26	6853	Parul	BSC II CS
27	6178	Sandhya	BSC II NM
28	3026	Himanshi	BCom II w/c
29	1256	Poonam	BCom III
30	3545	Neelam	BCom I

Shalika

One week Yoga Camp (15-21.6.17)

19/6/17

List of Cadets Participating in Camp (28)

①

Sr No.	Roll No	Name	class
1	3545	Neelam	BLOM I
2	1230	Bhawna	BLOM III
3	2681	Sangeeta	BA II
4	6807	Neetu	BSC II CS
5	2159	Anjali	BSC I NM
6	6178	Sandhya	BSC II NM
7	3225	Sarita	BA I
8	3026	Himanshi	BLOM II voc
9	3573	Kamal	BLOM I G
10	2533	Kajal	BA II
11	1204	Priya	BLOM III G
12	2369	Preeti	BSC I CS
13	45	Aditi	BA III
14	0581	Sonia	BA II
15	3295	NAVNEET	BA ±
16	3290	Neeta	BA I
17	248	Renu	BA III
18	2541	Pince	BA II



Sr No.	Roll No	Name	class
19	6848	Anuradha	BSC II CS
20	6149	Ektā	BSC II NM
21	2307	Aurzo	BSC I CS
22	6853	Parul	BSC II CS
23	1256	Poonam	BCom III
24	3344	Aanchal	BA I G
25	1266	Kusum	BCom III G
26	3155	Poonam	BCom III SFS
27	6822	Nancy	BSC II CS
28.	3146	Rakhi	BA I

Sudhe

# One week Yoga Camp (15-21.6.17)

20/6/17

## List of Cadets Participating in Camp (31)

Sr No.	Roll No	Name	Class
1	2913	Sonia	BCom II G
2	3617	Meenu	BA I
3	2369	Preeti	BSC I CS
4	2581	Sonia	BA II
5	45	Aditi	BA III
6	2944	Niharika	BCom II G
7	3290	Neha	BA I
8	922	Neha	BA III WOC
9	7772	Priyanka	BCom II SFS
10	6178	Sandhya	BSC II NM
11	<del>8449</del>	Ekta	BSC II NM
12	3186	Kesum	BA I
13	3026	Kimanshi	BCom II WOC
14	6819	Mampreet	BSC II CS
15	2633	Prabdeep	BA II
16	6853	Palul	BSC II CS
17	3261	Sapna	BA I
18	3609	Palet	BA I WOC



Sr No	Roll No	Name	Class
19	3295	Navneet	BA I
20	2307	Aalzo	BSC I CS
21	2319	Kajal	BSC I CS
22	2544	Deepika	BA II
23	1266	Keusum	BCom III G
24	2541	Prince	BA II
25	3510	Mansi	BCom I G
26	3225	Sanita	BA I
27	248	Renu	BA III
28	2702	Rajy	BA II
29	2533	Kajal	BA II
30	21	Kajal	BA III
31.	2929	Meerakshi	BCom II G

Sudha

One week Yoga Camp (15-21.6.17) 21/6/17 ①

List of Cadets attending the Camp (30) NCC.

Sr No.	Name	Roll No.	Class
1	Bhawna Sharma	1230	BCom III
2	Poonam	1256	"
3	Poonam	3155	BCom III SFS
4	Neetu Shiman	6807	BSc II CS
5	Meenakshi Gupta	2929	BCom II
6	Sandhya	6178	BSc II NM
7	Himanshi	3026	BCom II wc
8	Kajal	2533	BA II
9	Sonia	2913	BCom II G
10	Rozzy	2702	BA II
11	Manpreet	6819	BSc II CS
12	Niharika	2944	BCom II G
13	Sanjeeta Devi	2681	BA II
14	Sonia	2581	BA II
15	Parul	6853	BSc II
16	Nancy	6822	BSc II CS
17	Deepika	2544	BA II



Sr No.	Name	Roll No.	Class
18	Prince	2541	BA II
19	Anuradha	6848	BSC II CS
20	Ektta	6149	BSC II NM
21	Neelam	3545	BCom I
22	Kamal Rani	3513	BCom I G.
23	Komal		<del>BA I G</del>
24	Aanchal	3344	BA I G
25	Sarita	3225	BA I
26	Neha Rani	3290	BA I
27	Anjali	2159	BSC I NM
28	Meenu	3617	BA I
29	Nameet Kaur	3295	BA I
30	Rakhi	3146	BA I

Sudha

## Yoga Camp (NSS)

(28)

Sl. NO	Name	Class	Roll No
1.	Kavita	B.A I <sup>st</sup>	3105
2.	Sumitra Devi	"	3109
3.	Shikha Yadav	"	3124
4.	Neha Rani	"	3128
5.	Shiv Kumari	"	3149
6.	Pallavi	"	3150
7.	Hemlata	"	3151
8.	Jyoti Saini	B.A II <sup>nd</sup>	2563
9.	Garima	"	2574
10.	Shilpa	"	2597
11.	Pushpa Tiwari	"	2636
12.	Jyoti Rani	"	2637
13.	Meenika	"	2672
14.	Nehraj Kumari	"	2692
15.	Ankita	B.Sc III (C.S)	7001
16.	Aastha Gupta	"	7006
17.	Komalpreet Kaur	"	7027
18.	Harpreet Kaur	B.A III <sup>rd</sup>	01
19.	Annuadha	"	15
20.	Suman Rani	"	43
21.	Nawneet Kaur	"	46
22.	Aarti	"	47
23.	Priyanka Devi	"	80
24.	Priya	"	83
25.	Nisha	"	191



Name	Class	Roll no.
Swati	B.A I <sup>st</sup>	3161
Savita	"	3181
Sonia	"	3198
Sudhakshina Kaushik	"	3201
Manisha Chauhan	"	3203
Komal	"	3213
Khyati	"	3216
Aarti	B.A II <sup>nd</sup>	2696
Shabnam Saini	"	2823
Peonam	"	2835
Lalita Rani	B.Com - I <sup>st</sup>	3532
Payal	"	4001
Pooja Devi	"	4002

Total = 38 students

Teachers Present

1. Ms. Sudha Sethi
2. Ms. Sheena
3. Dr. Manjot Kaur



# Yoga Camp

