

VENUTAI CHAVAN COLLEGE, KARAD

NCC Department

International Day of Yoga (IDY-2026)

On 21 June 2026, International Yoga Day was celebrated with great enthusiasm by the NCC Department of the college. NCC cadets, Assistant NCC Officers, professors, and staff members participated in large numbers in the program.

The program began with an introductory address by Captain Dr. Mahendra Kadam Patil Sir. Thereafter, under the guidance of yoga instructor Cadet Sai Kadam, the cadets practised various yoga postures, pranayama, and meditation. Guidance was provided on how yoga helps develop physical fitness, mental well-being, self-confidence, and discipline.

In accordance with the NCC motto of "Unity and Discipline," a total of SD = 17 and SW = 16 cadets from both units participated enthusiastically. Both ANOs also took an active part in the event. The principal of the college, Dr. R. R. Jadhav Sir, conveyed the valuable message of adopting a healthy lifestyle through yoga.

The NCC Department successfully organised the program. Finally, Lieutenant A. A. Gaikwad Sir expressed gratitude to all those present, and the program concluded with a vote of thanks.