Celebration of 12th International Yoga Day 2026

1. Activity Profile

Title of the Activity	Celebration of 12th International Yoga Day – 2026
Theme (AY 2026)	*"Yoga for Healthy Ageing"*
Organizing Department	National Cadet Corps (NCC) Unit
Date of Event	21st June 2026 (Sunday)
Duration & Timing	07:45 AM – 08:45 AM (Practical Session followed by formal address)
Venue	College Conference Hall 1
Program Coordinator / ANO	Lt. Bapu N. Shelke (Associate NCC Officer)
Resource Person / Expert	Ms. Monika Joshi, Certified Yoga Instructor (M.A. in Yoga)
Presidential Dignitary	Dr. Adinath More, Principal
Total Target Participants	NCC Cadets (39), Teaching Faculty, Non-Teaching Staff, and College Students

2. Objectives

- To adopt the Common Yoga Protocol (CYP) issued by the Ministry of Ayush, Government of India.
- To foster holistic physical, mental, and emotional health among cadets, students, and staff members.
- To promote awareness regarding preventative healthcare and active vitality under the national theme *"Yoga for Healthy Ageing"*.
- To build lifelong wellness routines, stress-management capabilities, and discipline across the campus community.

3. Execution & Event Proceedings

In alignment with the directives of the Ministry of Ayush and Government of India, the college celebrated the **12th International Yoga Day** on 21st June 2026 with disciplined participation and enthusiasm. The drive was spearheaded by the **National Cadet Corps (NCC) Unit** in collaboration with the college administration.

The morning commenced at 07:45 AM with a formal assembly led by **Lt. Bapu N. Shelke (Associate NCC Officer)**, who outlined the flow of the session and briefed participants on the significance of regular yogic practices.

The practical demonstration and training were guided by **Ms. Monika Joshi (M.A. in Yoga)**. She led the participants through the structured Common Yoga Protocol, comprising:

1. **Initial Relaxation & Prayer:** Focusing the mind and steadying breath.
2. **Loosening Exercises (Sadilaja / Sukshma Vyayama):** Joint mobilization, neck rotations, and trunk twisting to facilitate flexibility.
3. **Yogasanas (Standing, Sitting, Prone, and Supine):** Demonstrations of *Tadasana*, *Vrikshasana*, *Bhujangasana*, *Vajrasana*, *Shashankasana*, and *Setu Bandhasana*, tailored to address mobility and musculoskeletal health for all age groups.
4. **Pranayama & Breathing Techniques:** Instruction in *Kapalbhati*, *Anulom Vilom* (Nadi Shodhana), and *Bhramari* for pulmonary strength and mental composure.
5. **Dhyana (Meditation) & Sankalpa:** Concluding silence followed by an institutional pledge for wellness and healthy living.

Dr. Adinath More, Principal, participated actively on the mat alongside the cadets and subsequently delivered the presidential address. He stressed the institutional objective of nurturing a healthy mind in a healthy body, highlighting that regular yoga is a non-pharmacological pathway to graceful, healthy ageing and academic concentration.

The session concluded with the NCC Song and an expression of gratitude to the resource expert.

4. Measurable Outcomes (NAAC Alignment)

- **Physical and Mental Well-being:** 39 NCC cadets along with faculty and staff acquired direct training in standardized posture alignments, breath control, and stress mitigation.
- **Awareness on Geriatric & Long-term Health:** Participants gained insight into how daily yogic stretching minimizes age-related degeneration and enhances mobility (*Yoga for Healthy Ageing*).
- **Life Skills Augmentation:** Fulfilled the requirements of life-skill building initiatives (health, hygiene, and wellness)

(Lt. Bapu Shelke)
Joy. Commander
I/c Mah Bn. N. C. C.
Arts, Com. & Science College,
Lasalgaon

(Dr. Adinath More)
Principal
Arts, Com & Sc. College
Lasalgaon.

Criterion VII: Institutional Values and Best Practices / Criterion V: Student Support and Progression
(Metric 7.1.9: Sensitization of students and employees to constitutional obligations, health, values & Metric 5.1.2: Capacity development and skills enhancement activities – Life skills: Yoga, physical fitness, health and hygiene)

नूतन विद्या प्रसारक मंडळाचे,
कला, वाणिज्य व विज्ञान महाविद्यालय,
लासलगाव - ४२२३०६, ता. निफाड, जि. नाशिक

(डॉ. आदिनाथ मोरे)
प्राचार्य

सूचना

आंतरराष्ट्रीय योग दिन : २१ जून २०२६

"Yoga for Healthy Ageing."

वरिष्ठ व कनिष्ठ महाविद्यालयातील विद्यार्थी, एन सी सी (छात्र), एन एस एस (स्वयंसेवक) प्राध्यापक, शिक्षक, शिक्षकेत्तर कर्मचारी यांना सूचित करण्यात येते कि रविवार, दि. २१ जून २०२६ रोजी महाविद्यालयात १० वा आंतरराष्ट्रीय योग दिवस साजरा होत आहे. तरी आपण सर्वांनी उपस्थित रहावे.

स्थळ :- Conference Hall ज्ञान स्रोत केंद्र (KNOWLEDGE RESOURCE CENTER)

वेळ :- सकाळी ठिक ७.४५ मि.

(डॉ. आदिनाथ मोरे)
प्राचार्य
कला, वाणिज्य व विज्ञान महाविद्यालय
लासलगांव -४२२३०६, (जि.नाशिक)










GPS Map Camera
Google
Pimpalgaon Najik, Maharashtra, India
563q+4h5, Pimpalgaon Najik, Maharashtra 422306, India
Lat 20.152802° Long 74.239125°
Sunday, 21/06/2026 08:01 AM GMT +05:30


GPS Map Camera
Google
Pimpalgaon Najik, Maharashtra, India
563q+4h5, Pimpalgaon Najik, Maharashtra 422306, India
Lat 20.152819° Long 74.238986°
Sunday, 21/06/2026 07:56 AM GMT +05:30

NAAC Reaccredited 4th Cycle
'A' Grade (3.11) CGPA

Certified with ISO 9001:2015(QMS)
& ISO 14001:2015(EMS)

Best College Award
Winner University of Pune



NUTAN VIDYA PRASARAK MANDAL'S
ARTS, COMMERCE & SCIENCE COLLEGE, LASALGAON

Affiliated to Savitribai Phule University, Code No.: PU/NS/ASC/007/1967
UDIES No.: 27201005811 | PUN Code: CAAN017390, College Code: 053, Centre Code: 027
Junior College Index No.: J.13.08.006

Principal
Prof. (Dr.) Adinath More

Ref. No.: ACS /NCC/..... Date:

NOMINAL ROLL OF IDY 21 JUNE 2026
ACS COLLEGE LASALGAON

SR NO.	REG NUM	RANK	NAME OF CADET	Cdt Sig
1	MH2024SWIA4351430	CDT	BORHADE GAYATRI ANIL	
2	MH2024SWIA4351221	CDT	GARE VAISHNAVI SUDESH	
3	MH2024SWIA4351222	CDT	DEVDHE DIPALI MARUTI	
4	MH2024SWIA4351340	CDT	JAGTAP ASHWINI SOMNATH	
5	MH2024SWIA4350112	CDT	NYAHARKAR PAYAL VITHOBA	
6	MH2024SWIA4350109	CDT	PAWAR SHUBHANGI SANTOSH	
7	MH2024SWIA4351488	CDT	SAPTE DIKSHA RATAN	
8	MH2024SDIA4351345	CDT	NYAHARKAR YASH ATMARAM	
9	MH2024SDIA4350535	CDT	FALKE GANESH BALASAHEB	
10	MH2024SDIA4351226	CDT	GAWALI TANMAY KAILAS	
11	MH2024SDIA4350108	CDT	GHANGALE AMIT RAJENDRA	
12	MH2024SDIA4351225	CDT	GHOLAP SURAJ SUNIL	
13	MH2024SDIA4350110	CDT	GUNJAL SAMADHAN SHANTARAM	
14	MH2024SDIA4350113	CDT	KHUTE ALANKAR PANDIT	
15	MH2024SDIA4350114	CDT	MAGHADE PARTH VIJAY	
16	MH2024SDIA4351228	CDT	MALI VICKY BHAGWAN	
17	MH2024SDIA4351343	CDT	MANDLIK KRUSHNA SANJAY	
18	MH2024SDIA4351342	CDT	MHASKAR BHUSHAN BAPU	
19	MH2024SDIA4350537	CDT	MHASKE VAIBHAV KALU	
20	MH2024SDIA4351227	CDT	NYAHARKAR ARJUN KESHAV	
21	MH2024SDIA4350115	CDT	PAWAR MAHESH RAMKRUSHNA	
22	MH2024SDIA4351341	CDT	SHINDE RANJIT MADAN	
23	MH2024SDIA4350534	CDT	WAGH NIKHIL GORAKH	
24	MH2024SDIA4351224	CDT	SHELKE MOHAN DILIP	
25	MH2024SDIA4351346	CDT	SONWANE AKASH SHANTARAM	
26	MH2025SDIA4350584	CDT	ROHIT DATTU GANGURDE	
27	MH2025SDIA4350585	CDT	GAURAV RAMESH MAPARI	
28	MH2025SDIA4350586	CDT	LAKHAN JALINDAR RASAL	
29	MH2025SDIA4351444	CDT	GAURAV RAJENDRA PAWAR	
30	MH2025SDIA4351445	CDT	AKSHAY ARUN KURHADE	
31	MH2025SDIA4351446	CDT	AKSHAY RAMNATH WAJE	
32	MH2025SDIA4351457	CDT	CHAITANYA SHANTARAM PAGAR	
33	MH2025SWIA4350582	CDT	AAYESHA ASHPAK SHAIKH	
34	MH2025SWIA4350583	CDT	GAURI PRABHKAR SHINDE	
35	MH2025SWIA4351447	CDT	VIDYA NAVNATH PAWAR	
36	MH2025SWIA4351448	CDT	SAKSHI BALASAHEB KADAM	
37	MH2025SWIA4351449	CDT	GAYATRI SANJAY SONAWANE	
38	MH2025SWIA4351450	CDT	SNEHAL SAGAR AHER	
39	MH2025SWIA4351458	CDT	ANUJA DNYANESHWAR GUNJAL	

(Lt. B. N. Shelke)
Joy. Commanding
1, Mah Bn. N. C. C.
Arts, Com. & Science College,
LASALGAON - 422306

(Dr. Adinath More)
Principal
Arts, Com. & Sc. College
Lasalgaon