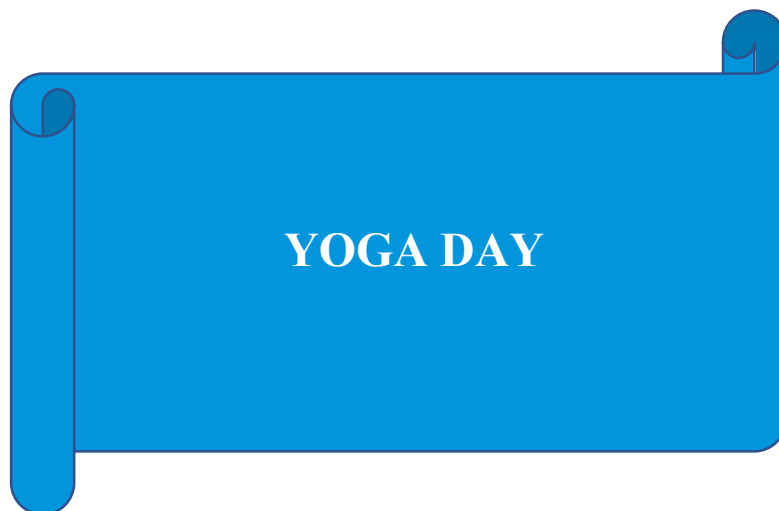


## Criteria – VII - Institutional Values and Best Practices

### 7.1.11. INSTITUTION CELEBRATES NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS



# INDIAN ACADEMY DEGREE COLLEGE AUTONOMOUS

Resaccredited by NAAC with 'A' Grade  
Recognized by Govt. of Karnataka & Affiliated to Bangalore University

## NATIONAL CADET CORPS

### 6/B TROOP, 8 KARNATAKA BTN, BANGALORE 'B' GROUP

19<sup>th</sup> Jun 2018

#### NOTICE

This is to inform all the cadets that there will be INTERNATIONAL YOGA DAY for the year 2017-18 will be conducted on 21<sup>st</sup> Jun 2018 under the supervision of Associative NCC officer(ANO) and PI Staff of 8 KAR BTN.

Timing : 5.00 AM

Venue : Manekshaw Parade Ground

Date : 21<sup>st</sup> Jun 2018

Dress code: TRACKS

All the cadets are required to carry Yoga mats & Water bottles.

The attire of all the cadets should be proper and the fallin is compulsory for all.

ANO's signature

Associate NCC Officer  
No. 8, KAR BN NCC  
Indian Academy Degree College  
Troop No. 6/B., Hennur Cross,  
Kalyan Nagar, Bangalore - 560 043.



Principal's signature

**PRINCIPAL**  
Indian Academy Degree College  
Autonomous  
Hennur Cross, Kalyan Nagar  
Bangalore - 560043

# INDIAN ACADEMY DEGREE COLLEGE AUTONOMOUS

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## Report On International Yoga Day (2017-18)

*DATE:* 21<sup>st</sup> Jun 2018

*EVENT:* INTERNATIONAL YOGA DAY

*VENUE:* Manekshaw Parade Ground

*No of Participants:* 38

### Objectives

- Asana enhance muscle strength, coordination, flexibility, agility, and range of motion
- Yoga helps you to build strength
- To let people to know amazing health benefits of yoga
- To reduce health problems
- To spread peace in the world

### Yoga Schedule

On 21<sup>st</sup> June 2018, our ANO and all NCC Cadets and others gathered in College campus at 5.30 am everyone is in their track suit and they were carrying their own Yoga mats along with them. At 6.15 we reached Parade Ground and we occupied our places to do yoga.

### Organizing of yoga

On 21<sup>st</sup> June 2018, our ANO and all NCC Cadets and others gathered in College campus at 5.30 am everyone is in their track suit and they were carrying their own Yoga mats along with them. At 6.15 we reached Parade Ground and we occupied our places to do yoga. All ANO and PI STAFF were there in parade ground. Then they started yoga opening prayer and they we started to do some exercises and we did some YOGA saunas and we did surya namaskar and finally we did closing prayer.

### Outcomes

- Can Decrease Stress
- Relieves Anxiety
- May Reduce Inflammation
- Could Improve Heart Health



### Details of the Place

Name: Manekshaw Parade Ground

Date: 21<sup>st</sup> Jun 2018

DISTANCE: 9 Kms

TIME TO TRAVEL: 45 min



  
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**NATIONAL CADET CORPS**

**6/B TROOP, 8 KARNATAKA BTN, BANGALORE 'B' GROUP**

**ATTENDENCE FOR THE YEAR 2017-18**

REG. NO.	NAME	REG. NO.	NAME
17/205439	VYSHNA A P	17/205476	MOHAN RAJ N
17/205450	KEERTHANA. S	17/205477	PRASHANTH.S
17/205454	SHIVANI. D	17/205483	NIRANJAN S
17/205455	PRIYANSHI	17/205484	DIWASH PAUDYAL
17/205456	MOUNA SHREE M V	17/205485	GAURAV KUMAR
17/205460	ARUNA SHREE D P	16/205438	KARTHIK A V
17/205463	PRATHIBHA.N	16/205441	SHREYAS M JAWAI
17/205466	DIKSHA REDDY S	16/205442	SONU KUMAR SHARMA
16/205461	TASMIYA UNNISA	16/205445	N.S. SAIFULLA
16/205465	RAMYA.T.S	16/205447	SAURABH GUPTA
16/205467	ANUJA.P.BINU	16/205448	NAVEED PASHA
17/205470	JITHENDER PANDIT U	16/205451	MOHAMMED UMER
17/205471	VIJAY ANAND R	16/205452	NAVEED PASHA
17/205472	PRASANTH KUMAR M N	16/205458	GURU RAJ.N
17/205473	SHARATH BABU N K	15/22537	VISHNU.K
17/205474	BIPUL MILI	15/22533	SURYA PRAKASH T
17/205475	NARESH BABU.K	15/22559	DHARMENDAR S

**ANO's SIGNATURE**

  
Associate NCC Officer  
No. 8, KAR BN NCC  
Indian Academy Degree College  
Troop No. 6/B., Hennur Cross,  
Kalyan Nagar, Bangalore - 560 043.