

VPM's B. N. Bandodkar College of Science, Thane (Autonomous)
1 MAH BN/ ASC Thane NCC Army Boys UNIT

YOGA FOR WELL-BEING

DATE – 30th May, 2022

Report – Today, a session of yoga was held. **1 MAH BATTALION OF NCC** had Conducted these seminar. All the staff of 1MAH BATTALION was present there.

Today a YOG PROGRAM was Organised at 1 MAH BATTALION HEADQUARTERS in the presence of YOG GURU **MRS. LAITA DIXIT** (YOGA TEACHER AT AMBIKA YOG KUTIR)

The chief guest was CO of 1 MAH BATTALION **LT. COL GAURAV NAUTIYAL** sir.

At the starting there was a prayer to Start the yoga session. Then Dixit madam started telling us about benefits of yoga and history of yoga.

She also told that YOGA is only way to connect your body with your soul. Then madam demonstrated us different YOGA AASANS and all the staff present there performed all the AASANS very perfectly. The volunteers who were accompanying **MRS. DIXIT MADAM** taught many new aasans to the staff like Mayuraasan/tadaasans/balaaasan/bhujngasan and many more. These sessions of yoga were held for around 3 hr. And all the staff got so much relaxed and felt so peaceful from inside after performing all the yoga aasans. There was again a prayer at the end of program. 27 NCC cadet of ASC Thane participated.

The whole event was organised in a proper flow and in a Disciplined Manner under the Guidance of **SUB. Major RAJKUMAR** sir **SUBEDAR MAJOR** of **1 MAH. BATTALION NCC**.

Regards,

Capt. Bipin Dhumale.

ANO of ASC Thane unit.

