

“Dissemination of Education for Knowledge, Science and Culture”

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's



Vivekanand College, Kolhapur
(An Empowered Autonomous Institute)



National Cadet Corps
(5 MAH BN NCC & 6 MAH GIRLS BN NCC, KOP)

NOTICE

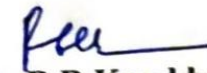
8/11/2025

All NCC cadets are informed that the **NCC Department** is organizing a **Mind Gym and Mental Health Session** for Personality Development on **12th September 2025**.

All cadets must report to the college on or before 0800hrs in proper NCC uniform (Wardi). Attendance and participation are compulsory.


Lt. J. R Bharamgonda
Coy Commande
50.02, Vivekanand College,
Kolhapur


Maj. Sunita Bhosale
MAJOR MS SUNITA BHOSALE
ANO, NCC
VIVEKANAND COLLEGE, KOLHAPUR


Dr. R.R Kumbhar
Principal
Vivekanand College, Kolhapur
(An Empowered Autonomous Institute)

PHOTOGRAPHS

Strengthening of the Mind through Mind Gym 12/11/2025



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ATTENDANCE

Name of the programme : Mind Gym and Mental Health Session

Date: 12/09/2025

Sr. No.	Name of Cadets/ Participants	Signature
1)	CMS Shrivani Adsul	Shrivani
2)	IUO Diksha Lohar	Diksha
3)	SVO Sayali Vadkar	Sayali
4)	IUO Rajlaxmi Bhosale	Rajlaxmi
5)	S&T Trupti Sawant	Trupti
6)	cdt Purva Kole	Purva
7)	LICPL Priyada Gurave	Priyada
8)	cdt Sai Chechar	Sai
9)	CPL Vixika Kadam	Vixika
10)	cdt Shivani Mane	Shivani
11)	cdt Prachi Chavan	Prachi
12)	cdt Shreya Anantpure	Shreya
13)	cdt Srushti Pandit	Srushti
14)	cdt Kajal Yadav	Kajal
15)	cdt Payal Ligade	Payal
16)	cdt Prathana More	Prathana
17)	cdt Shrutika Bhosale	Shrutika
18)	cdt Diksha Shirale	Diksha
19)	cdt Manasavi Magdum	Manasavi
20)	cdt Samiksha Patil	Samiksha
21)	cdt Shivani Londhe	Shivani
22)	cdt Rama Gurav	Rama



NCC OFFICER

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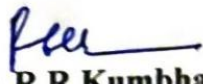
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One Page Report

Strengthening of the Mind through Mind Gym (2025-26)

1.	Name of the Department	National Cadet Corps			
2.	Name of the Activity	Strengthening of the Mind through Mind Gym			
3.	Date / Duration	12/11/2025			
4.	Aims & Objectives	• To enhance the capacity of different hidden potentials. • To overcome the different emotional problems like frustration, depression, loss of appetite. • To change the mind set for getting more effective results.			
5.	No. of Beneficiaries	<u>Total attendee</u>	80	55 SW 25 SD	
6.	Expenditure & Funding				
7.	Brief Discussion	A one-day Mind Training Workshop was organized by Sarva Shakti Yoga Mandal for NCC cadets and students. The workshop focused on stress management, mental well-being, and mindfulness through meditation, pranayama, yoga, and mind gym activities. Both theoretical and practical sessions helped participants develop techniques to improve concentration, emotional balance, and overall mental health. The programme was organized under the guidance of Principal Dr. R. R. Kumbhar, Col. Manas Dixit, and Col. Vikram Nalavade, and was successfully conducted by Major Sunita Bhosle and Lieutenant J. R. Bharamgonda with the active participation of NCC cadets.			
8.	Outcomes	• The NCC cadets refreshed their minds and learned scientific and psychological methods for handling different emotional challenges. • The NCC cadets participated in Mind Gym activities and experienced various games that were highly beneficial for			

		improving their concentration, learning, and overall academic performance. • The NCC cadets resolved to practise yoga, pranayama, and Mind Gym exercises regularly to enhance their physical and mental well-being.
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 Lt. J. R Bharamgonda Coy Commande Vivekanand College, Kolhapur	 Maj. Sunita Bhosale MAJOR MS SUNITA BHOSALE ANO, NCC VIVEKANAND COLLEGE, KOLHAPUR	 Dr. R.R Kumbhar Principal Vivekanand College, Kolhapur (Autonomous Institute)
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