

"Dissemination of Education for Knowledge, Science and Culture"

Shikshanmaharshi Dr Bapuji Salunkhe

Shri Swami Viveknand Shikshan Sansthas



Vivekanand College, Kolhapur
(Empowered Autonomous)

15//12/2024

National Cadet Corps

NOTICE

We are going to organize the first International Meditation day for to make awareness about the yoga and meditation . The demonstration of meditation will be delivered by the team of Art Of Living , Kolhapur at Dr Bapuji Salunkhe Smriti Bhawan ,Vivekanand College Kolhapur on 21 December 2024 uary 2025 . All NCC cadets and interested students are encouraged to participate in this social activity.

Lt. J. R. Bharamgonda

Coy Commander

NCC Vivekanand College, Kolhapur
Empowered Autonomous Institute

Maj. Sunita Bhosale

MAJOR SUNITA BHOSALE

Associate NCC Officer
VIVEKANAND COLLEGE, KOLHAPUR
(Empowered Autonomous)

Dr. R.R. Kumbhar

Principal

Vivekanand College, Kolhapur
(Empowered Autonomous Institute)



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-Shikshanmaharshi Dr. Bapuji Salunkhe



Shri Swami Vivekanand Shikshan Sanstha's

Vivekanand College, Kolhapur (Empowered Autonomous)

National Cadet Corps

(5 MAH BN NCC & 6 MAH GIRLS BN NCC, KOP)

(2024-25)

One Page Report: Meditation Day

1.	Name of the Department	National Cadet Corps						
2.	Name of the Activity	Meditation Day						
3.	Date / Duration	21/12/2024						
4.	Aims & Objectives	To promote mindfulness, inner peace, and global harmony. Encourages individuals to practice meditation to enhance mental well-being and foster a sense of connection within communities						
5.	No. of Beneficiaries	<table><tr><td><u>Total attendee</u></td><td>65</td><td>35 girls</td></tr><tr><td></td><td></td><td>30 boys</td></tr></table>	<u>Total attendee</u>	65	35 girls			30 boys
<u>Total attendee</u>	65	35 girls						
		30 boys						
6.	Expenditure & Fundings	Art of Living , NCC unit						
7.	Brief Discussion	World environment day was celebrated on 21 Dec 2024 dedicated to promoting awareness about the benefits of meditation and encouraging its practice for mental and physical well-being. It was organised by the Kolhapur group NCC in collaboration with the Art of Living instructors. The event was organised for all the NCC cadets of Kolhapur group NCC. The program was efficiently managed under the guidance of Prin. Dr. R. R Kumbhar, S.M. 5 BN Kop, Maj. Sunita Bhosale and Lt. J.R. Bharamgonda.						
8.	Outcomes	It encourages individuals to practice meditation as a tool to cope with stress, foster mental clarity, and create a sense of connection within communities. The theme often reflects the need for mindfulness in the modern world, where stress, anxiety, and other challenges can affect overall well-being.						



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Meditation Day



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-Shikshanmaharshi Dr. Bapuji Salunkhe

VIVEKANAND COLLEGE KOLHAPUR (Empowered Autonomous)

Name of NCC Activity <u>Meditation Day</u>			Date <u>21/12/2025</u>		
Sr No	Regt No	Sign	Sr No	Regt No	Sign
1	MH22SWA559958	<u>[Signature]</u>	28	MH2023SDA004890	
2	MH22SWA559959	<u>[Signature]</u>	29	MH2023SWA005089	<u>[Signature]</u>
3	MH22SWA559961		30	MH2023SDA004893	<u>H.S.P.</u>
4	MH22SWA559963		31	MH2023SDA005081	
5	MH22SDA559964	<u>L.P. Patil</u>	32	MH2023SDA005269	<u>[Signature]</u>
6	MH22SDA559973	<u>[Signature]</u>	33	MH2023SDA005457	
7	MH22SDA559975	<u>[Signature]</u>	34	MH2023SDA005645	
8	MH22SDA559976		35	MH2023SDA005833	
9	MH22SDA559977	<u>[Signature]</u>	36	MH2023SDA006021	<u>Patil</u>
10	MH22SDA559978	<u>[Signature]</u>	37	MH2023SDA006209	<u>[Signature]</u>
11	MH21SDA559954		38	MH2023SDA006210	<u>[Signature]</u>
12	MH22SDA559979		39	MH2024SDIA4310692	
13	MH2023SWA005092	<u>[Signature]</u>	40	MH2024SDIA4310703	<u>[Signature]</u>
14	MH2023SDA004884	<u>[Signature]</u>	41	MH2024SDIA4310704	
15	MH2023SDA005082		42	MH2024SDIA4310694	<u>[Signature]</u>
16	MH2023SWA005088	<u>[Signature]</u>	43	MH2024SWIA4310697	<u>[Signature]</u>
17	MH2023SWA051260	<u>[Signature]</u>	44	MH2024SWIA4310699	
18	MH2023SDA004892	<u>[Signature]</u>	45	MH2024SWIA4311204	
19	MH2023SDA005084	<u>[Signature]</u>	46	MH2024SWIA4310705	<u>Latika</u>
20	MH2023SDA005085	<u>[Signature]</u>	47	MH2024SWIA4310698	<u>[Signature]</u>
21	MH2023SWA005093		48	MH2024SDIA4310701	
22	MH2023SWA005090	<u>[Signature]</u>	49	MH2024SDIA4310702	
23	MH2023SWA005091	<u>[Signature]</u>	50	MH2024SDIA4310502	<u>[Signature]</u>
24	MH2023SDA004889		51	MH2024SDIA4310505	<u>[Signature]</u>
25	MH2023SWA005086		52	MH2024SDIA4310605	<u>KN Patil</u>
26	MH2023SDA005083		53	MH2024SDIA4310606	
27					

Lt J R Bhatnagar

Dr R R Kumbhar

Coy Commander
NCC Vivekanand College, Kolhapur
(An Empowered Autonomous Institute)

Principal
Vivekanand College, Kolhapur
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VIVEKANAND COLLEGE, KOLHAPUR (Empowered Autonomous)

ATTENDANCE LIST OF STUDENTS FOR Meditation Day

DATE : 21/12/2024

TIME : _____

35

PLACE : -----VIVEKANAND COLLEGE KOLHAPUR-----

Reference :

SR.NO.	FULL NAME OF THE STUDENT	Signature	SR.NO.	FULL NAME OF THE STUDENT	Signature
FIRST YEAR					
1	MORE ANJALI AMAR	<u>Anamora</u>	10	TRUPTI MANAJI SAVANT	<u>M Savant</u>
2	KOLE PURVA VIJAY	<u>P Kole</u>	11	AMRUTA EKNATH PARIT	<u>A Parit</u>
3	CHORAGE NANDINI ARUN	<u>N Chorage</u>	12	SAYALI POPAT VADKAR	
4	CHAVAN PRACHI MARUTI	<u>P Chavan</u>	13	PRERANA PRAKASH VIBHUTE	<u>P.P. Vibute</u>
5	GURAV PRIYADA MAHENDRA	<u>G Gurav</u>	THIRD YEAR		
6	NANDRE PRIYANKA SUDHIR	<u>N Nandre</u>	1	BACHCHE SAKSHI RAJENDRA	<u>S Bachche</u>
7	SALAPE PRIYDARSHANI TANAJI	<u>S Salape</u>	2	BAJAGE NISHA AMAR	
8	CHOUGALE PURVA DHANAJAY	<u>P Chougale</u>	3	BARASKAR SAITA SANTOSH	<u>S Baraskar</u>
9	KAMBLE RICHHA MAHADEV	<u>R Kamble</u>	4	BHAJANAWALE SAMIKSHA RAJU	
10	CHECHAR SAI SHAMRAO	<u>Sai</u>	5	BHARTHI GOURI PRAMOD	<u>G Bharti</u>
11	KOLI SAMIKSHA SANTOSH	<u>S Koli</u>	6	CHAVAN AISHWARYA VISHNU	
12	LONDHE SHIVANI UTTAM	<u>S Shivani</u>	7	GAVADE AARTI BHIMRAO	<u>A Gavade</u>
13	KALE SAKSHI SUDHIR	<u>S Kale</u>	8	GHODAKE SNEHA SANJAY	
14	KAMBLE SNEHAL SHIVAJI		9	GHUGARE SAMIDHA KIRAN	<u>S Ghugare</u>
15	PATIL SRISHTI SACHIN	<u>S Patil</u>	10	JADHAV SAMIKSHA SUNIL	<u>S Jadhav</u>
16	JANGALE SUJATA BABU	<u>S Jangale</u>	11	KAMBLE RIYA VIJAY	
17	BELLUNDAGI VAISHNAVI	<u>B Bellundagi</u>	12	KULKARNI PRERANA SHAILENDRA	<u>P Kulkarni</u>
18	KADAM VIVIKA PRASHANT	<u>V Kadam</u>	13	MALHAR AVANTI PRASAD	
19	KADAM YASHSHRI LAXMAN		14	POWAR ANJALI KAKASO	<u>A Powar</u>
SECOND YEAR			15	RAORANE RIDDHI SATYAWAN	<u>R Raorane</u>
1	SAMIKSHA BANDU ADSUL		16	REGE SELA AJINKYA	<u>S Rege</u>
2	SHRAVANI KRISHNAT ADASUL	<u>S Shrivani</u>	17	SUTAR SHARAYU PRAKASH	<u>S Sutar</u>
3	AAROHI AJIT AWATE				
4	RAJLAXMI UDAYSINH BHOSALE	<u>R Bhosale</u>			
5	VAISHNAVI VIKRAM DHENG	<u>V Vaishnavi</u>			
6	URVEE UMESH GAIKWAD				
7	GAYATRI VISHNU INGALE				
8	MANASI JITIRAM JADHAV				
9	DIKSHA SURESH LOHAR	<u>S Lohar</u>			

MAJOR SUNTA BHOSALE
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