



Alva's Air Wing NCC (Flight - B)

Moodbidri - 574227
6 Kar AIR SQN NCC, Mangalore



INTERNATIONAL YOGA DAY

Date: 21 June 2020

TIMINGS: 0700 - 0800 hrs.

FOREWORD

This report intends to brief about the involvement and support served by 6 KAR AIR SQN NCC FLIGHT-B for the International level ONGC initiative "INTERNATIONAL YOGA DAY", a journey towards healthy lives. 6 KAR AIR SQN NCC, FLIGHT-B headed by ANO Fg Offr Parveez Shariff B.G. under the guidance of commanding officer Gp Cpt. A G Srinivasan.

ABOUT ONGC AND THE MOTTO:

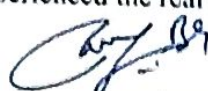
The idea of International Yoga Day was first proposed by the current Prime Minister of India, Shri. Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014.

OUR COMMITMENT AND ACTION

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu Philosophical Traditions. There is a board variety of yoga schools, practices, and goals in Hinduism, Buddhism and Jainism. The term "Yoga" in the western world often denotes a modern form of hatha and yoga as exercise consisting largely of postures or asanas.

As per the guidelines of DG NCC and Ministry of Ayush, the cadets of 06 Kar Air Sqn NCC, Ft. have actively participated in performing 6th International Yoga Day Celebration and embraces yoga in our daily lives.

Total of 46 cadets of Flt-B were perform yoga from 17 - 21 Jun 2020. During these five days of performing yoga everyone experienced the real motto behind yoga day.


FG OFFR PARVEEZ SHARIFF B.G.
ASSOCIATE NCC OFFICER
6 KAR AIR SQN NCC MANGALORE
ALVA'S EDUCATION FOUNDATION (R.)
MOODBIDRI



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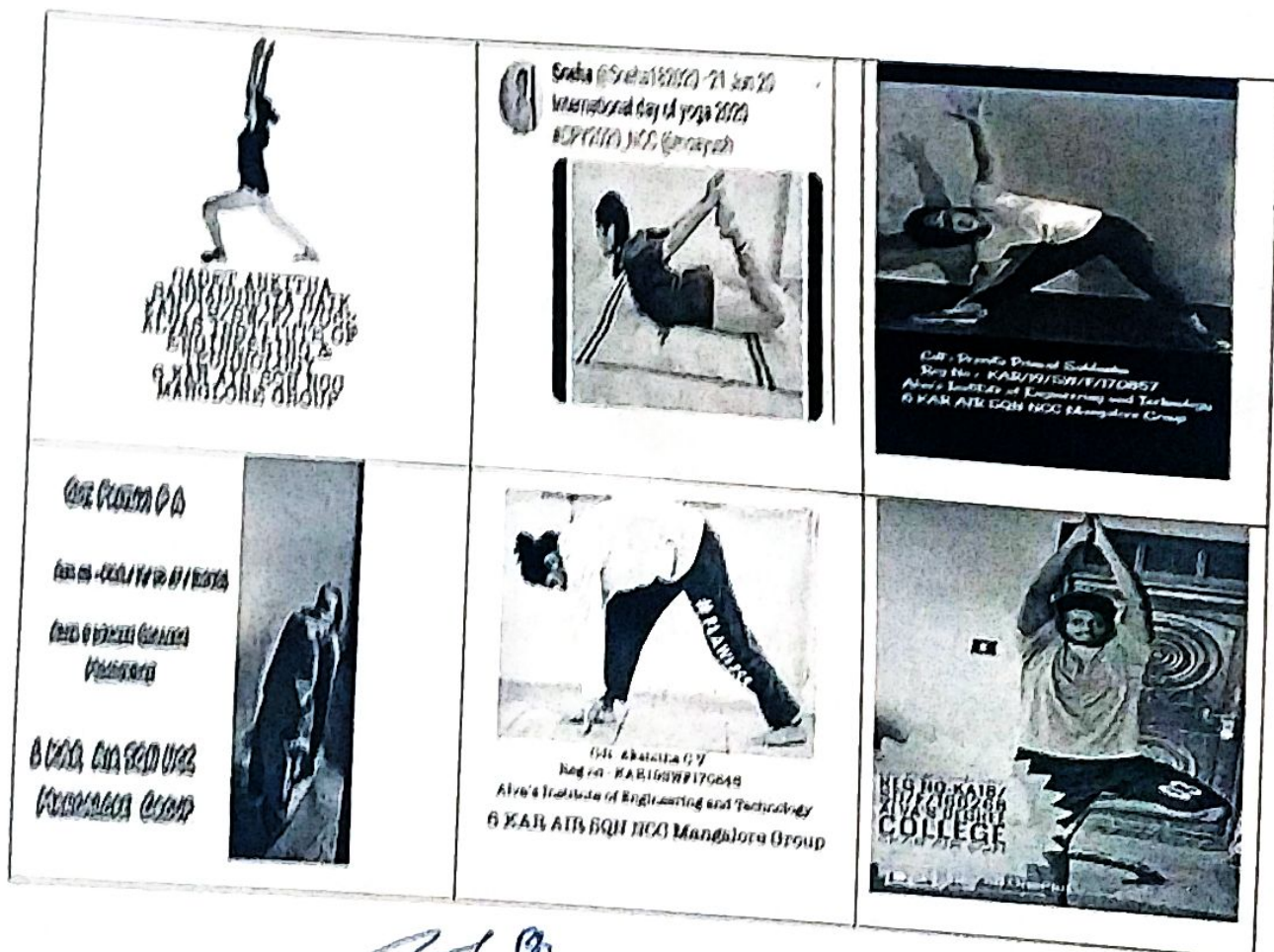
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The cadets actively took part in IDY from there respective home. The added advantage of performing yoga in home were even parents of cadets took part.

It is very important for Nation to act lively in performing yoga and keeping themselves physically and mentally fit. On 21 Jun 2020, 46 cadets uploaded their yoga photos in Facebook and Tweeter with #CYP2020_NCC.

PHOTOGRAPHS



(Signature)

PG OFFR PARVEEZ SHARIFF B.O.
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ALVA'S EDUCATION FOUNDATION (R.)
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KISHORE K
KA/19/SN/P/170861
ALVA'S INSTITUTE OF ENGINEERING
AND TECHNOLOGY
6 KAR AIR SQN NCC, MANGALORE



Cdt. Deesha Shenoy
KAR/19/SN/P/170866

Alva's Institute of Engineering and Technology
6 KAR AIR SQN NCC, MANGALORE



Cdt Harshita H Shetty
Reg no KA/19/SN/P/170868

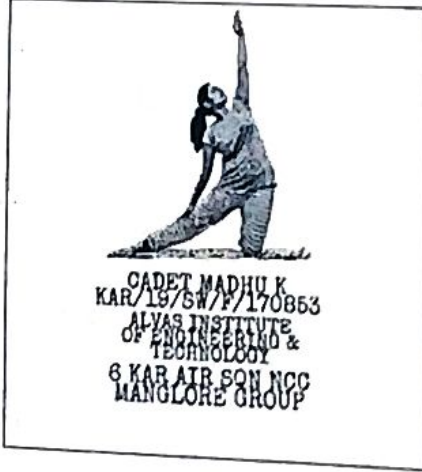
ALVA'S INSTITUTE OF ENGINEERING AND TECHNOLOGY
6 KAR AIR SQN NCC MANGALORE GROUP



KIRAN K
KA/18/SN/P/160294
ALVA'S INSTITUTE OF ENGINEERING
AND TECHNOLOGY
6 KAR AIR SQN NCC, MANGALORE.



Cadet Kuman Khyathi
KAR/SN/P/170846
Alva's College Moodbidri
6 KAR AIR SQN NCC



CADET MADHU K
KAR/19/SN/P/170853
ALVA'S INSTITUTE
OF ENGINEERING &
TECHNOLOGY
6 KAR AIR SQN NCC
MANGALORE GROUP



Alva's Institute of Engineering and Technology
6 KAR AIR SQN NCC MANGALORE GROUP

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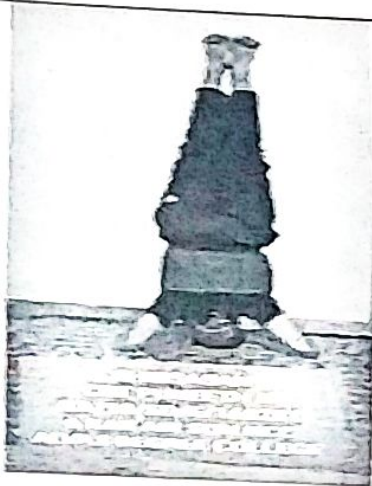
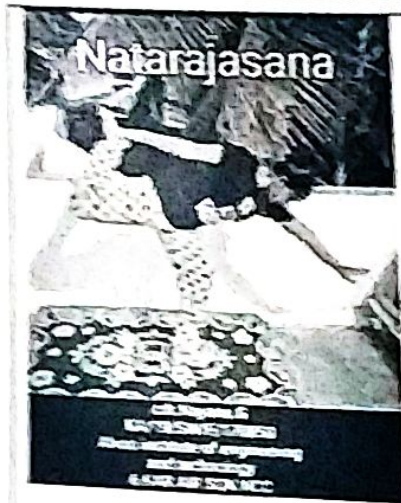
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ASSOCIATE NCC OFFICER
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Ch. J. B.

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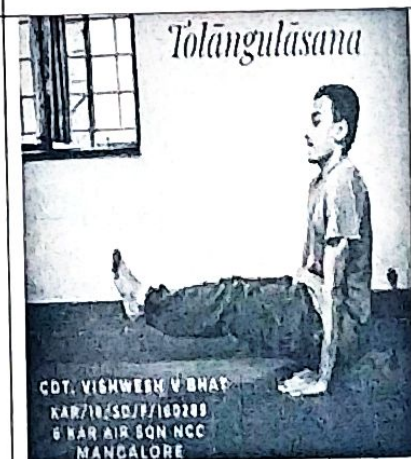
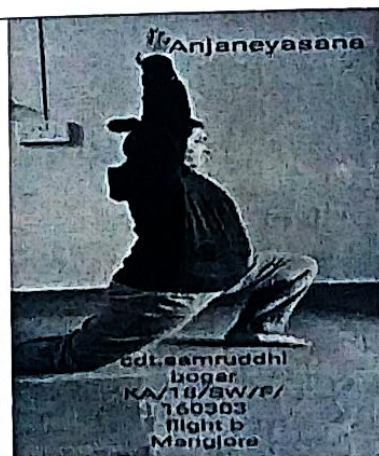
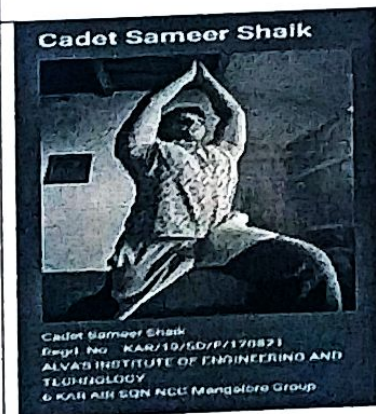
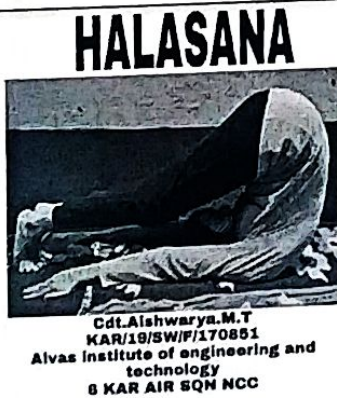
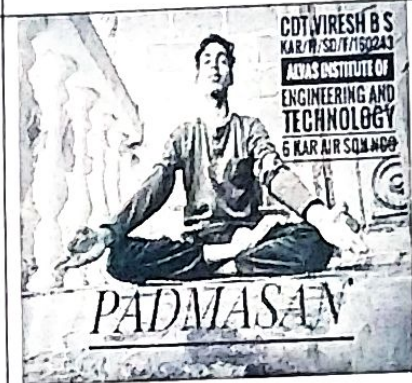
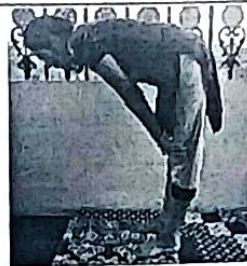
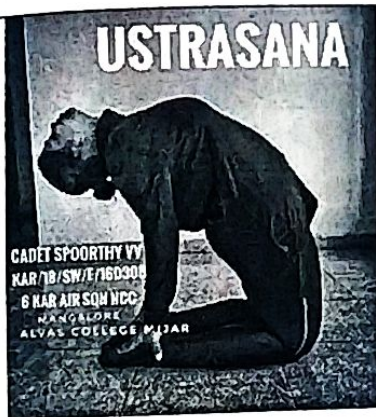
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ALVA'S
Education Foundation



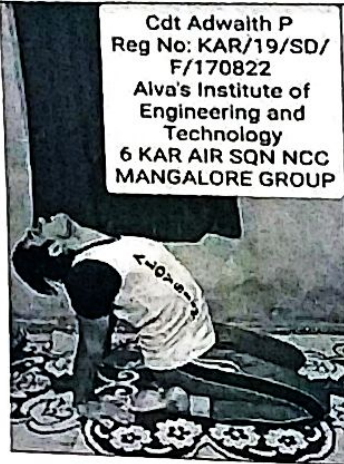
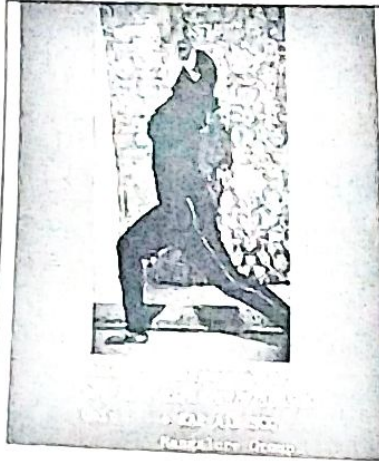
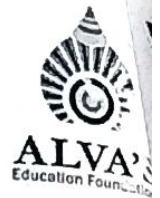
FG OFFR PARVEEZ SHARIFF B.G.
ASSOCIATE NCC OFFICER
6 KAR AIR SQN NCC MANGALORE
ALVA'S EDUCATION FOUNDATION (P.)



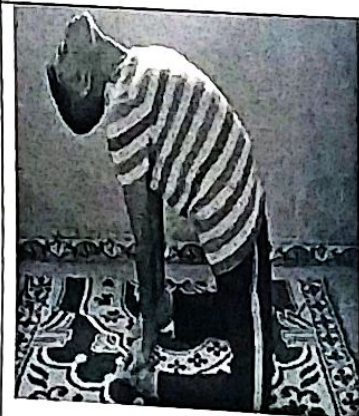
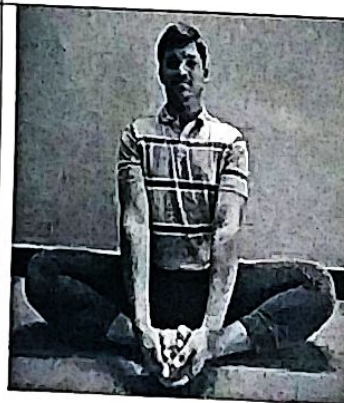
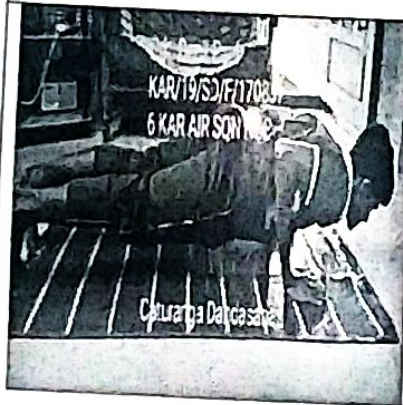
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Cdt Akhilesh v
Regimental No: KAR/19/
SD/F/170826
Alva's Institute of Engineering and Technology
6 KAR AIR SQN NCC
Mangalore group



Signature

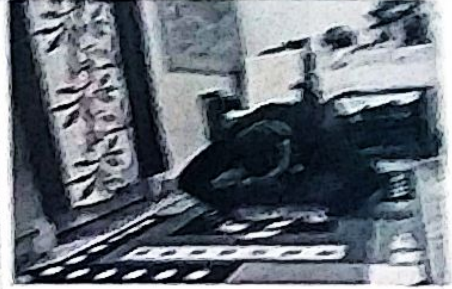
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6 Kar AIR SON NCC, Mangalore



Name	Registration ID
Adwaith P	P200620141446535712PMTN01
Aishwarya.M.T	P200620111851438020XFLC01
Ankita sannadrugya Naik	P200620104307955363FPHLD01
Bharath B D	P200620155345606314XJPM01
C. M SHARATH CHANDRA	P200620110817787827ZTNR01
CHINMAYA BAHT K K	P200620114243252251TNVF01
Cadet Rashmi.k	P200620115238090266HVRMD01
Cdt. Akshitha C V	P200620144941877930LYZL01
Cdt.Nayana.G	P200620131433508246LPLN01
DEESHA D SHENOY	P200620144156842277SRSU01
Dhanaraj RB	P200620123840457791VVGL01
Gauresh Shetty	P200620113318835841THVT01
Harshitha R Shetty	P200620115745667789CKVJ01
Kumari Khyathi	P200620142742703213CQHS01
LAXMAN	P200620110651663719YMRC01

FG
 FG OFFER PARVEEZ SHARIFF B.G.
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6 Kar AIR SQN NCC, Mangalore



LFC KIRAN K	P200620105618654816PGXH01
MAHAMMAD EMRAN	P200620141903842971TXFQ01
MALLIKARJUN BASAVARAJ GORAVAR	P200620122800729932KJJY01
Madhu K	P200620105756981432XJWY01
Mithulesh J M	P200620131212903694FASH01
Mohammed Saqlain Baig	P200620144542333386ORFA01
Nandana M Hegde	P200620110526323344IKBZ01
Nitesh.seetaram.naik	P200620115140571026TAMB01
Parmesh c	P200620110631820185LEQT01
Prenita Prinsal Saldanha	P200620140126582680GJZS01
Prithvi P A	P200620122803038394OPHR01
Pushpitha.p	P200620112610808738NAHO01
RISHAB V	P200620110018183189YYBT01
SHAMJETSHABAM NOREN SINGH	P200620113314054639BLZH01
SHASHANK S P	P200620112330020246JQYN01
SPOORTHY VV	P200620140616731309JJKS01
SUMANTH PATEL S R	P200620134408212402FNNI01
Sameer Shaik	P200620104259948164YXCT01

18/11/20

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Sameer Shaik	P200620104259948164YXCT01
Samruddhi Bogar	P200620154640891672YXCF01
Sandhya	P200620135818870469LVVV01
Shalivahan Ishwar kumbar	P200620120334874425OBNR01
Shilpashree BR	P200620123245204475FWTV01
Shrikara RM	P200620121213375732WDYX01
Sindhu R	P200620104902701170SNZE01
Snehashree R	P200620140931831530DTXW01
Thrishala M	P200620115631416120TPDR01
Viresh B.S	P200620114634675402SMWO01
Vishwesh V Bhat	P200620110800755553HSEH01
Yuvraj BN	P200620134800798105VFTL01
sanathkamin	P200620105245984442QEPF01

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INSTITUTIONAL TRG ACTIVITY ATTENDANCE RECORD SHEET : 6 KAR AIR SQN NCC

Use separate sheet for different Batches and/or subject/ activity. DONOT club different batches/activity in one sheet.

SPECIAL / COMMON / NCC ACTIVITY Code (As per Syllabus) : Duration : Hrs

Subject : Social activity Topic : INTERNATIONAL YOGA DAY.

Time Start : End : Instructor ANO/ PI staff : FG Offr. Parveez Shariff Bg

FLT / TP ATTENDANCE SUMMARY

	Allotted	Enrolled	Present	Absent
SD / JD		27	19	08
SW / JW		14	13	01
TOTAL		41	32	09

MENU FOR REFRESHMENTS

RECORD OF CADETS IN ATTENDANCE

Sl No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	BF	Today	CF
1.	KAR/19/SD/F/170801	CDT	SANATH K AMIN	-AB-			
2.	KAR/19/SD/F/170803	CDT	SUMANTH PATEL S R	-AB-			
3.	KAR/19/SD/F/170805	CDT	PARAMESH C	-AB-			
4.	KAR/19/SD/F/170806	CDT	PRITHVI P A	-AB-			
5.	KAR/19/SD/F/170807	CDT	MAHAMMD EMRAN	-AB-			
6.	KAR/19/SD/F/170808	CDT	ABHISHEK S	-AB-			
7.	KAR/19/SD/F/170809	CDT	YESHWANTH BA	-AB-			
8.	KAR/19/SD/F/170810	CDT	RISHAB. V	-AB-			
9.	KAR/19/SD/F/170811	CDT	PRUTHVI RAJ D.A	-AB-			
10.	KAR/19/SD/F/170812	CDT	SHRIKARA R M	-AB-			
11.	KAR/19/SD/F/170814	CDT	NITESH SEETARAM NAIK	-AB-			
12.	KAR/19/SD/F/170815	CDT	M.RAVICHANDRA	-AB-			
13.	KAR/19/SD/F/170816	CDT	SHIVAKUMAR	-AB-			
14.	KAR/19/SD/F/170817	CDT	SHALIVAHAN ISHWAR KUMBAR	-AB-			
15.	KAR/19/SD/F/170819	CDT	BHARTH B D	-AB-			
16.	KAR/19/SD/F/170821	CDT	SAMEER SHAIK	-AB-			
17.	KAR/19/SD/F/170822	CDT	ADWAITH.P	-AB-			
18.	KAR/19/SD/F/170825	CDT	NANDANA MAHENDRA HEGDE	-AB-			
19.	KAR/19/SD/F/170826	CDT	AKHILESH V	-AB-			
20.	KAR/19/SD/F/170828	CDT	AKHILESH HERKAL	-AB-			
21.	KAR/19/SD/F/170832	CDT	DHANARAJ	-AB-			
22.	KAR/19/SD/F/170833	CDT	K FAROOQ ABDULLA	-AB-			
23.	KAR/19/SD/F/170834	CDT	CHINMAYA BHAT K K	-AB-			
24.	KAR/19/SD/F/170835	CDT	BRUEESH REDDY KH	-AB-			
25.	KAR/19/SD/F/170837	CDT	DENIL PAUL	-AB-			
26.	KAR/19/SD/F/170838	CDT	MALLIKARJUN BASAVARAJ GORAVAR	-AB-			
27.	KAR/19/SD/F/170840	CDT	SHAMJETSHABAM NOREN SINGH	-AB-			

Flt / Tp No: FLIGHT-B Place: MOODBIDRI Batch: 1st yr / 2nd yr / 3rd yr Date: 21/6/2020

Sign:

Name:

K. K. K. K.

LFC KARAN.V

(Senior Cdt)

(PI Staff)

FG Offr. Parveez Shariff Bg

(ANO)

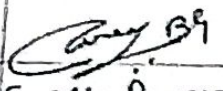
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FG OFFR PARVEEZ SHARIFF B.G.
ASSOCIATE NCC OFFICER
6 KAR AIR SQN NCC MANGALORE
ALVA'S EDUCATION FOUNDATION (R.)
MOODBIDRI

RECORD OF CADETS IN ATTENDANCE				TOTAL CLASSES: >	BF.	CF.
Sl No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	PROGRESSIVE ATTEN	
					BF	Today
28.	KAR/19/SW/F/170845	CDT	KUMARI KHYATHI	Khyathi		
29.	KAR/19/SW/F/170848	CDT	AKSHITHA C V	Akshitha		
30.	KAR/19/SW/F/170850	CDT	NAYANA .G	Nayana		
31.	KAR/19/SW/F/170851	CDT	AISHWARYA .M. T	Aishu		
32.	KAR/19/SW/F/170852	CDT	SINDHU R	Sindhu		
33.	KAR/19/SW/F/170853	CDT	MADHU K	Madhu		
34.	KAR/19/SW/F/170855	CDT	SANDHYA KAPSE	AB		
35.	KAR/19/SW/F/170856	CDT	DEESHA D SHENOY	Deesha		
36.	KAR/19/SW/F/170857	CDT	PRENITA PRINSAL SALDANHA	Preni		
37.	KAR/19/SW/F/170858	CDT	HARSHITHA R SHETTY	Harshi		
38.	KAR/19/SW/F/170860	CDT	PUSHPITHA P	Pushpi		
39.	KAR/19/SW/F/170861	CDT	RASHMI K	Rashmi		
40.	KAR/19/SW/F/170862	CDT	ANKITA SANNNADURGYA NAIK	Ankita		
41.	KAR/19/SW/F/170863	CDT	THRISHALA M	Thrisha		

NOTE # Use separate sheet for different Batches &/or subject/ activity. DONOT club different batches/activity in one sheet.


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Flt / Tp No:	FLIGHT-B	Place:	MOODBIDRI	Batch:	1 st yr / 2 nd yr / 3 rd yr	Date:	21/6/2020
Sign:	Wignun .K				 FG OFFR Parveez Shariff B.G.		
Name:	LFC KIRAN .K						
	(Senior Cdt)		(PI Staff)		(AND)		

6 Kar Air Sqn NCC Mangaluru

INSTITUTIONAL TRG ACTIVITY ATTENDANCE RECORD SHEET : 6 KAR AIR SQN NCC

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SPECIAL / COMMON / NCC ACTIVITY

Code (As per Syllabus):

Duration:

Subject: social activity

Topic: INTERNATIONAL YOUNG DAY

Time Start:

End:

Instructor ANO/ PI staff : sg offr Parveez Shariff

FLT / TP ATTENDANCE SUMMARY

	Allotted	Enrolled	Present	Absent
SD / JD		13	11	02
SW / JW		04	04	00
TOTAL		17	15	02

MENU FOR REFRESHMENTS

RECORD OF CADETS IN ATTENDANCE

Sl No	Regimental No.	Rank	Cds' Name	TOTAL CLASSES: > BF- ☐ CF- ☐		
				Cds' Sign	PROGRESSIVE ATTENDANCE BF Today CF	
1.	KAR/18/SD/F/160268	CDT	ALWIN SAM ANIL	<u>Alwin</u>		
2.	KAR/18/SD/F/160270	CDT	C.M. SHARATH CHANDRA	<u>Sharath</u>		
3.	KAR/18/SD/F/160272	CDT	CHETHAN B U	<u>AB</u>		
4.	KAR/18/SD/F/160275	CDT	LAXMAN B HEBBAL	<u>Laxman</u>		
5.	KAR/18/SD/F/160276	CDT	MITHULESH J M	<u>Mithun</u>		
6.	KAR/18/SD/F/160277	CDT	MOHAMMED SAQLAIN BAIG	<u>Baig</u>		
7.	KAR/18/SD/F/160281	CDT	PUNEETH K	<u>Puneeth</u>		
8.	KAR/18/SD/F/160282	CDT	RUBESH MURTHY G	<u>Rubesh</u>		
9.	KAR/18/SD/F/160286	CDT	SHASHANK S P	<u>Shashank</u>		
10.	KAR/18/SD/F/160287	CDT	SHETTY GAURESH GANESH	<u>Ganesh</u>		
11.	KAR/18/SD/F/160289	CDT	VISHWESH V BHAT	<u>Vishwesh</u>		
12.	KAR/18/SD/F/160292	CDT	YUVRAJ B N	<u>AB</u>		
13.	KAR/18/SD/F/160294	CDT	KIRAN K	<u>Kiran</u>		
14.	KAR/18/SW/F/160305	CDT	SHILPASHREE B R	<u>Shilpa</u>		
15.	KAR/18/SW/F/160307	CDT	SNEHASHREE R	<u>Sneha</u>		
16.	KAR/18/SW/F/160308	CDT	SPOORTHY V V	<u>Spoorthy</u>		
17.	KAR/18/SW/F/160310	CDT	VARSHITHA T R	<u>Varshitha</u>		

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6 KAR AIR SQN NCC MANGALORE
ALVA'S EDUCATION FOUNDATION (R.)

Flt / Tp No:	FLIGHT-B	Place:	MOODBIDRI	Batch:	1 st yr / 2 nd yr / 3 rd yr	Date:	21/6/2020
Sign:	<u>LFC K. I. P. N. K.</u>						
Name:	(Senior Cdt)			(PI Staff)			

sg offr Parveez Shariff B.G
(ANO)
6 Kar Air SqN NCC-Mangalore