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By Email Only

No. 6 Kar Air Sqn NCC
Kankanady Post
Mangalore-575 002

No.20/01/G/6 Air NCC

09 Jun 2021

As per distribution

ACTION PLAN ON INTERNATIONAL DAY OF YOGA (IDY) 21 JUN 2021

1. It is intimated that the action plan for International Day of Yoga (21 Jun 2021) is enunciated as Appendix 'A' to this letter.
2. All ANOs are requested to kindly adhere to the plan ~~strictly~~ and forward the feedback by 25 Jun 2021 to this Sqn by 1400 hrs.
3. This is for your information and further strict compliance.


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


Commanding Officer
No. 6 Karnataka Air Sqn NCC
Mangalore - 575 002

Enclosed:- As above

Distribution

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Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



INTERNATIONAL YOGA DAY

Date: 21 Jun 2021

Timings: 0700 - 0800 hrs

FOREWORD

This report intends to brief about the involvement and support severed by the cadets of 06 KAR AIR SQN NCC, Flight –B for the international level initiative on “International Yoga Day (IYD)” journey towards healthy lives. The event was organized by 06 KAR AIR SQN NCC, FLIC association with Alva's college of Naturopathy and Yogic Sciences.

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, Buddhisam and Jainishm. The term "Yoga" in the western world often denotes a modern form of hatha and yoga as exercise consisting largely of postures or asana.

In the midst of the Covid-19, the cadets of 06 Kar Air Sqn NCC, Flight – B have actively participated in the online session and spread awareness of yoga through various social media. Around 900 participants took part, which includes, students, staff of college, parents and 48 cadets from Flight – B. The cadets actively took part in IDY from their respective home. The added advantage of performing yoga in home were even parents of cadets took part.

CONCLUSION

It is very important for Nation to act lively in performing yoga and keeping themselves physically and mentally fit. On 21 Jun 2020, 48 cadets uploaded their yoga photos in Facebook, Instagram and Tweeter. The Event video is available in this link: <https://youtu.be/tW1v8rMLoMg>.

The sample links of social media post are provided below:

FG OFFR PARVEEZ SHARIFF B.G.

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https://twitter.com/akhilesh_herkal/status/1407225170859675652?s=19,
https://www.instagram.com/p/CQaZcORJTrY/?utm_medium=copy_link,
<https://twitter.com/SindhuGowda016/status/1407223633542451203?s=19>,
https://m.facebook.com/story.php?story_fbid=2594328314196039&id=100008566875983
https://www.instagram.com/p/CQaZo0tBOL8/?utm_medium=copy_link
https://twitter.com/thrishala_m/status/140722356964040706?s=08
<https://t.co/UhoEhb4vGV> <https://twitter.com/ChinmayaBhatKK1/status/1407226976604024834?s=20>
<https://www.facebook.com/100042471228688/posts/511597026932667/?d=n>
<https://twitter.com/AshishPb2/status/1407228147137802243?s=08>
https://twitter.com/dishaaa_08/status/1407228907695321090?s=1006
https://twitter.com/madhu_achar8/status/1407229145252126722?s=08
https://m.facebook.com/story.php?story_fbid=1406898459674339&id=100010625945138&sfnsn=wiwspwa
<https://twitter.com/SameerS67216190/status/1407232668819869698?s=19>
https://m.facebook.com/story.php?story_fbid=324579805966044&id=100052420819092

PHOTOGRAPHS



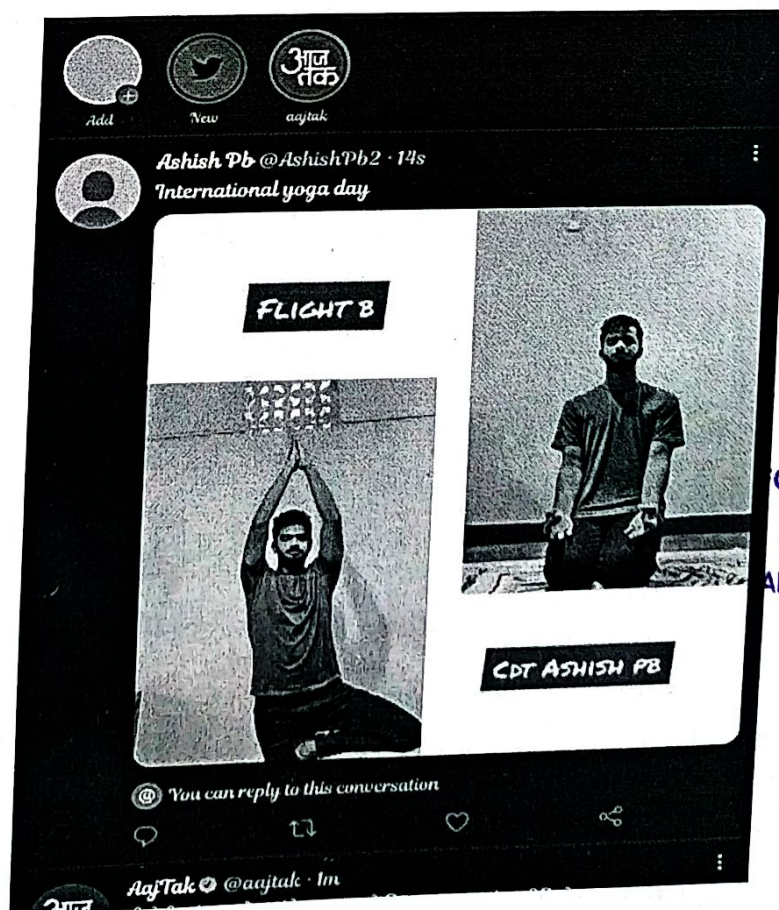
Signature

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

Alva's Air Wing NCC (Flight - B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



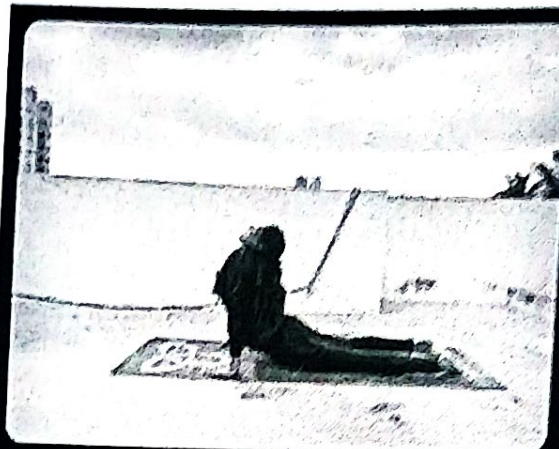
Signature
G OFFER PARVEEZ SHARIFF B.
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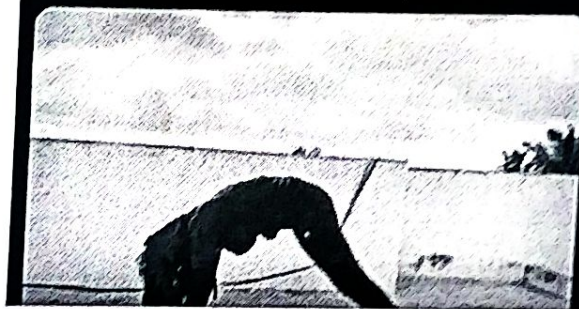
Alva's Air Wing NCC (Flight - B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



CDT.H Bhavana
KAR/20/SW/F/160987
6 KAR AIR SQN NCC



thrishala @thrishala_m · 14m
Happy International Yoga day.. IDY...
#YogaForHealth
#BeWithYogaBeAtHome ●
#6KARAIRSQNNCC



CADET THRISHALA M
KAR/19/SW/F/120863



DHANURASANA

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

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): Durallon: 01:30

Subject: Activity Topic: INTERNATIONAL DAY OF YOGA

Time Start: 0700hrs End: 0730hrs Instructor ANO/ PI staff: Fg Offr. Parwez Shariff

FLT / TP ATTENDANCE SUMMARY

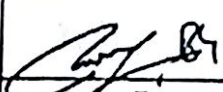
	Allotted	Enrolled	Present	Absent
SD / JD	31	37	12	25
SW / JW	14	13	07	06
TOTAL	44	50	19	31

MENU FOR REFRESHMENTS

RECORD OF CADETS IN ATTENDANCE

				TOTAL CLASSER: >	BF	CF
Sl No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	PROGRESSIVE ATTENDANCE	
					BF	Today
1.	KAR/20/SD/F/160951	CDT	Akshar N	P		
2.	KAR/20/SD/F/160952	CDT	Nongmaithem Borish Singh	AB		
3.	KAR/20/SD/F/160953	CDT	Abhishek. P	AD		
4.	KAR/20/SD/F/160954	CDT	Nagarjuna G S	AB		
5.	KAR/20/SD/F/160955	CDT	Dileep P R	AD		
6.	KAR/20/SD/F/160956	CDT	Abhiram H A	AD		
7.	KAR/20/SD/F/160957	CDT	Chiranth H S	P		
8.	KAR/20/SD/F/160958	CDT	Gary Richards R	AB		
9.	KAR/20/SD/F/160959	CDT	M R Bharath	P		
10.	KAR/20/SD/F/160960	CDT	Dhareppa S Kalappagol	AB		
11.	KAR/20/SD/F/160961	CDT	Tharun kumar R	AB		
12.	KAR/20/SD/F/160962	CDT	Ashish P B	AB		
13.	KAR/20/SD/F/160963	CDT	Tejas Ravi	AB		
14.	KAR/20/SD/F/160964	CDT	Rohan H	AB		
15.	KAR/20/SD/F/160965	CDT	Veeresh madiwalar	AB		
16.	KAR/20/SD/F/160966	CDT	Gurulikhith S	AB		
17.	KAR/20/SD/F/160967	CDT	Rakshith T V	P		
18.	KAR/20/SD/F/160968	CDT	Vikesh U Shetty	AB		
19.	KAR/20/SD/F/160969	CDT	Gautham R Suvarna	AB		
20.	KAR/20/SD/F/160970	CDT	Samyam Y Jain	P		
21.	KAR/20/SD/F/160971	CDT	Shetty Abhishek	P		
22.	KAR/20/SD/F/160972	CDT	Jayanth M S	P		
23.	KAR/20/SD/F/160973	CDT	Bharath kumar k	P		
24.	KAR/20/SD/F/160974	CDT	Likhin P Y	P		
25.	KAR/20/SD/F/160975	CDT	Suresh M	AB		
26.	KAR/20/SD/F/160976	CDT	Sudarshan J	AB		

Flt / Tp No: FLIGHT-B Place: MOODBIDRI Batch: 1st yr / 2nd yr / 3rd yr Date: 21 June 2021

Sign: 
 Name: LFC Dhanaraj P.D. (Senior Cdt)
 (PI Staff)
 Sign: 
 Name: Fg Offr. Parwez Shariff (ANO)

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

6 Kar. Air. Sqn. NCC-Mangalore

TOTAL CLASSES: 2 HF. [] CV. []

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

Ch. B.

[Signature]
Fg. of the previous handle C.
(ANO)
6 Kar. Air Sqn. NCC-Mangalore

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

Use separate sheet for different Batches and/or subject/ activity. DO NOT club different batches/activity in one sheet.

SPECIAL / COMMON / NCC ACTIVITY Code (As per Syllabus) Duration: 01:30

Subject: Activity Topic: INTERNATIONAL DAY OF YOGA

Time Start: 0700hrs End: 0830 hrs Instructor ANO/ PI staff: Fg. 020 - Parveez Shariff B.G.

FLT / TP ATTENDANCE SUMMARY

	Allotted	Enrolled	Present	Absent
SD / JD	27	27	16	11
SW / JW	14	14	12	02
TOTAL	41	41	28	13

MENU FOR REFRESHMENTS

RECORD OF CADETS IN ATTENDANCE

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

Flt / Tp No: FLIGHT-B Place: MOODBIDRI Batch: 1st Yr / 2nd Yr / 3rd Yr Date: 21 Feb 2021

Sign: [Signature] Name: LFC Dhannaraj P 2 (Senior Cdt) (PI Staff) (ANO) Fg. 020 - Parveez Shariff B.G.

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