

No. 6 KAR AIR SQN NCC, MANGALORE
TRAINING ROUTINE ORDERS: 15/2019-20

BY

WG CDR PC PANT, COMMANDING OFFICER

Serial No: 15 /2019-20

Date: 07 Jun 19

Item No -- I : INTERNATIONAL YOGA DAY CELEBRATION 2019

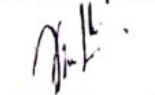
1. It is intimated that IDOY is planned on 21 Jun 19 at the following venues:

Sl No	Flt/Troop No	Institutions	Venue
(a)	Flt 'A'	St. Aloysius College, Mangalore	St. Agnes College, Mangalore
(b)	Flt 'C'	St. Agnes College, Mangalore	
(c)	Troop No.28	Milagres HS, Mangalore	
(d)	Troop No. 56	St. Aloysius HS, Mangalore	
(e)	Flt 'B'	Alva's College, Moodbidri	Alva's College, Mijar Moodbidri
(f)	Troop No.57	Jain HS, Moodbidri	
(g)	Troop No.38	St. Anne's HS, Virajpet	St. Anne's HS, Virajpet
(h)	Troop No.44	St. Philmna HS, Puttur	St. Philmna HS, Puttur
(i)	Troop No.49	Shri. Manjuatheswara HS, Dharmasthala	Shri. Manjuatheswara HS, Dharmasthala
(k)	Troop No.50	St. Michael HS, Madikeri	St. Michael HS, Madikeri

2. Flt/Troop Cdrs are to ensure the following:

- 100% attendance of cadets.
- Trained Yoga instructor and Apolitical Organization to be invited for the subjected event.
- Media coverage of the event.
- One dress-One venue : Salwar Kurta, Track suits, Uniform
- Adequate photography arrangement.
- Refreshment for all participating cadets.

3. Detail report of the event with photographs is to be submitted to the squadron by 23 Jun 19.



(VK Verma)

JWO

CI

For Commanding Officer

Distribution:-

- Flt 'A', St. Aloysius College, Mangaluru- < alwynstephen@gmail.com >
- Flt 'B' Alvas College, Mijar, Moodbidri- < ano.alvas.6kar.air.ncc@gmail.com >
- Flt 'C' ST. Agnes College, Mangaluru. < hithuanand@yahoo.com >
- Troop No. 29, Milagres High School, Mangaluru- < santhoshgosal@gmail.com >
- Troop No. 38, St. Anne's High School, Virajpet- < muneerabdul94@gmail.com >
- Troop No. 44, St. Philomena High School, Puttur- < roszenseq@gmail.com >
- Troop No. 49, Sri Manjunatheswara Dharmasthala- < vavkariga@gmail.com >
- Troop No. 50, St. Michaels High School, Madikeri < stmichaelshighschool1946@gmail.com >
- Troop No. 56, St. Aloysius High School, Mangaluru- < sunilobo112@gmail.com >
- Troop No. 57, Jain High School, Moodbidri- < nitheshbhallal50@gmail.com >



Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



Tele: 08258-262724/7829200515

Email: ano.alvas.6kar.air.ncc@gmail.com

By E-mail Only

Alva's College

Shobhabana Campus, Mijar

Moodbidri – 574225

No. 41/P/Flt – B NCC

16 Jul 2019

To,
The Principal,
Alva's Naturopathy College,
Moodbidri.

REQUEST TO ALLOW CADETS TO TAKE PART
IN YOGA ACTIVITY ON 21 JUN 2019

Respected Sir,

With respect to above subject, Flt-B NCC cadets have planned to celebrate International yoga day by performing yoga along with Naturopathy college students on 21 Jun 2019. Hence in this regards, it is kindly requested to allow the cadets to take part in the event.

Thanking you,

Yours' Sincerely



(Parveez Shariff B G)

Flying Officer

Associate NCC Officer

PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K

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: 01:00 Hrs

Subject: Yoga Day Celebration Topic: INTERNATIONAL YOGA DAY

Time Start: 0600 hrs End: 0900 hrs Instructor ANO/ PI staff: 1st Off. Parmeet Shariff B.G.

FLT / TP ATTENDANCE SUMMARY

	Allotted	Enrolled	Present	Absent
SD / JD	28	28	07	21
SW / JW	16	16	02	14
TOTAL	44	44	09	35

MENU FOR REFRESHMENTS

RECORD OF CADETS IN ATTENDANCE

TOTAL CLASSES: > BF- CF-

Cdts' Sign PROGRESSIVE ATTENDANCE BF Today CF

SI No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	BF	Today	CF
1.	KAR/18/SD/F/160267	CDT	Aakash Prem	- AB			
2.	KAR/18/SD/F/160268	CDT	Alwin Sam Anil	- AB			
3.	KAR/18/SD/F/160269	CDT	B Sai harsha	- AB			
4.	KAR/18/SD/F/160270	CDT	C.M. SHARATH CHANDRA	- AB			
5.	KAR/18/SD/F/160271	CDT	Chandrashekhar	- AB			
6.	KAR/18/SD/F/160272	CDT	Chethan b u	- AB			
7.	KAR/18/SD/F/160273	CDT	Ganesh	- AB			
8.	KAR/18/SD/F/160274	CDT	HARSHA P	- AB			
9.	KAR/18/SD/F/160275	CDT	LAXMAN B HEBBAL	- AB			
10.	KAR/18/SD/F/160276	CDT	Mithulesh J M	- AB			
11.	KAR/18/SD/F/160277	CDT	Mohammed saqlain baig	- AB			
12.	KAR/18/SD/F/160278	CDT	NAGAGANESH N	- AB			
13.	KAR/18/SD/F/160279	CDT	Prajwalgowda R	- AB			
14.	KAR/18/SD/F/160280	CDT	Pramod b yaluvigi	- AB			
15.	KAR/18/SD/F/160281	CDT	PUNEETH K	- AB			
16.	KAR/18/SD/F/160282	CDT	RUBESH MURTHY G	- AB			
17.	KAR/18/SD/F/160283	CDT	S Y MOHAN KUMAR	- AB			
18.	KAR/18/SD/F/160284	CDT	Santhosh.H.N	- AB			
19.	KAR/18/SD/F/160285	CDT	Shaikh Mohammad Kaif failaz ahmed	- AB			
20.	KAR/18/SD/F/160286	CDT	Shashank S P	- AB			
21.	KAR/18/SD/F/160287	CDT	SHETTY GAURESH GANESH	- AB			
22.	KAR/18/SD/F/160288	CDT	Taamanth Narayana. S	- AB			
23.	KAR/18/SD/F/160289	CDT	Vishwesh V Bhat	- AB			
24.	KAR/18/SD/F/160290	CDT	Yashwanth Kumar v	- AB			
25.	KAR/18/SD/F/160291	CDT	YUVARAJ.H	- AB			
26.	KAR/18/SD/F/160292	CDT	Yuvraj b n	- AB			

Flt / Tp No: FLIGHT-B Place: MOODBIDRI Batch: 1st yr / 2nd yr / 3rd yr Date: 21 Jun 19

Sign: Uday Kumar
 Name: CUO. UDAY KUMAR J (Senior Cdt) (PI Staff)
1st Off. Parmeet Shariff B.G. (ANO)
 6. Kar. Air. Sqn. NCC-Mangaluru

RECORD OF CADETS IN ATTENDANCE				TOTAL CLASSES: >	BF-	CF-	
Sl No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	PROGRESSIVE ATTENDANCE		
					BF	Today	CF
27.	KAR/18/SD/F/160293	CDT	PRAVEEN KUMAR	-AB-			
28.	KAR/18/SD/F/160294	CDT	KIRAN K	-AB-			
29.	KAR/18/SW/F/160295	CDT	Aishwarya BR	-AB-			
30.	KAR/18/SW/F/160296	CDT	Anuradha V	-AB-			
31.	KAR/18/SW/F/160297	CDT	Bhagyashree	-AB-			
32.	KAR/18/SW/F/160298	CDT	Divyashree K	-AB-			
33.	KAR/18/SW/F/160299	CDT	Harshitha G.R	-AB-			
34.	KAR/18/SW/F/160300	CDT	Harshitha.T	-Harshitha-			
35.	KAR/18/SW/F/160301	CDT	Krupa Karunakar Shetty	-AB-			
36.	KAR/18/SW/F/160302	CDT	S.Nagashree	-AB-			
37.	KAR/18/SW/F/160303	CDT	Samruddhi A Bogar	-Samruddhi-			
38.	KAR/18/SW/F/160304	CDT	Shilpa.C	-AB-			
39.	KAR/18/SW/F/160305	CDT	Shilpashree B R	-AB-			
40.	KAR/18/SW/F/160306	CDT	Sneha Shukla	-AB-			
41.	KAR/18/SW/F/160307	CDT	Snehashree R	-AB-			
42.	KAR/18/SW/F/160308	CDT	Spoorthy V V	-AB-			
43.	KAR/18/SW/F/160309	CDT	Thrupthi	-AB-			
44.	KAR/18/SW/F/160310	CDT	Varshitha T R	-AB-			
45.							

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

Flt / Tp No:	FLIGHT-B	Place:	MOODBIDRI	Batch:	1 st yr /	2 nd yr /	3 rd yr	Date:	21 Jun 19
Sign:	<i>Uday Kumar</i>								
Name:	CUD. UDAY KUMAR. J								
	(Senior Cdt)				(PI Staff)				
					<i>Praveen Chariff B.G.</i> (ANO)				

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: 01 : 00 Hrs

Subject : Yoga Day Celebration Topic : INTERNATIONAL YOGA DAY.

Time Start: 0600 hrs End: 0700 hrs Instructor ANO/ PI staff : Fg. Off. Parmez Shariff B.G.

FLT / TP ATTENDANCE SUMMARY

	Allotted	Enrolled	Present	Absent	MENU FOR REFRESHMENTS
SD / JD	28	28	12	16	
SW / JW	15	15	01	14	
TOTAL	43	43	13	30	

RECORD OF CADETS IN ATTENDANCE

Sl No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	TOTAL CLASSES: > BF- CF-		
					PROGRESSIVE ATTENDANCE		
					BF	Today	CF
1.	KAR/17/SD/F/160209		Abhishek B N	AB			
2.	KAR/17/SD/F/160211		Anilkumar B N	AB			
3.	KAR/17/SD/F/160212		Balaji V	AB			
4.	KAR/17/SD/F/160237		Chanabasanagouda Patil	AB			
5.	KAR/17/SD/F/160213		Charan M S	Charan			
6.	KAR/17/SD/F/160214		Chirag K R	Chirag			
7.	KAR/17/SD/F/160217		Dhanush C	AB			
8.	KAR/17/SD/F/160218		Gautham. M	AB			
9.	KAR/17/SD/F/160219		Harsha R	Harsha			
10.	KAR/17/SD/F/160220		Karthik R kapse	AB			
11.	KAR/17/SD/F/160221		Kartik Gulaganji	AB			
12.	KAR/17/SD/F/160222		Keerthinath B M	Keerthinath BM			
13.	KAR/17/SD/F/160223		Kishor H H	AB			
14.	KAR/17/SD/F/160225		Mahammed Rashik	Rashik			
15.	KAR/17/SD/F/160227		Manjunath Mallikarjun Savadi	AB			
16.	KAR/17/SD/F/160228		Manoj Kumar. S	AB			
17.	KAR/17/SD/F/160229		Mayya Sharath Kumar	AB			
18.	KAR/17/SD/F/160233		Ritesh S Shetty	AB			
19.	KAR/17/SD/F/160234		S Nikhilesh	AB			
20.	KAR/17/SD/F/160235		Sagar Shrishail Emmi	AB			
21.	KAR/17/SD/F/160236		Sandeep C	AB			
22.	KAR/17/SD/F/160238		Tarun U	AB			
23.	KAR/17/SD/F/160239		Tejas B	AB			
24.	KAR/17/SD/F/160240		Vignesh K R	AB			
25.	KAR/17/SD/F/160241		Vikas D S	AB			
26.	KAR/17/SD/F/160242		Vikas M	AB			
27.	KAR/17/SD/F/160243		Viresh B Sirimani	AB			

Flt / Tp No: FLIGHT-B Place: MOODBIDRI Batch: 1st yr / 2nd yr / 3rd yr Date: 21 Jun 19

Sign: Uday Kumar
 Name: CUD. UDAY KUMAR-J (Senior Cdt) (PI Staff) Fg. Off. Parmez Shariff B.G. (ANO)
 6.Kar.Air.Sqn.NCC-Mangaluru

RECORD OF CADETS IN ATTENDANCE				TOTAL CLASSES: >	BF-	CF-	
SI No	Regimental No.	Rank	Cdts' Name	Cdts' Sign	PROGRESSIVE ATTENDANCE		
					BF	Today	CF
28.	KAR/17/SD/F/160244		Vivekanand S Bekkeri	<u>M.B.</u>			
29.	KAR/17/SW/F/160247		Ankitha Chaurasia	-AB-			
30.	KAR/17/SW/F/160249		Archana Hiremath	-AB-			
31.	KAR/17/SW/F/160250		Bhavana B	-AB-			
32.	KAR/17/SW/F/160255		M Manjusha	-AB-			
33.	KAR/17/SW/F/160256		Namratha J Nair	-AB-			
34.	KAR/17/SW/F/160263		Shreetal Kalabandi	<u>Shreetal</u>			
35.	KAR/17/SW/F/160265		Sowmya P	-AB-			
36.	KAR/17/SW/F/160226		Manish R Rao	-AB-			
37.	KAR/17/SW/F/160232		Purushotham Gawda	-AB-			
38.	KAR/17/SW/F/160216		Deepanshu sharma	-AB-			
39.	KAR/17/SW/F/160230		Niranjan R	-AB-			
40.	KAR/17/SW/F/160215		Deelipkumar	-AB-			
41.	KAR/17/SW/F/160245		Aarya Wilson	-AB-			
42.	KAR/17/SW/F/160252		Chaitra S	-AB-			
43.	KAR/17/SW/F/160258		Pooja K	-AB-			

NOTE # Use appropriate rank

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

Flt / Tp No:	FLIGHT-B	Place:	MOODBIDRI	Batch:	1 st yr / 2 nd yr / 3 rd yr	Date:	21 Jun 19
Sign:	<i>[Signature]</i>					<i>[Signature]</i>	
Name:	CUO. UDAY KUMAR J (Senior Cdt)			(PI Staff)		Pg Off. Parvez Samir B. G. (ANO)	

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: 01:00 Hrs

Subject : Yoga Day Celebration Topic : INTERNATIONAL YOGA DAY.

Time Start: 0600 hrs End: 0700 hrs Instructor ANO/ PI staff : g Off. Paameez Shariff B.G.

FLT / TP ATTENDANCE SUMMARY

SD / JD	Allotted	Enrolled	Present	Absent
SW / JW	<u>12</u>	<u>12</u>	<u>06</u>	<u>06</u>
TOTAL	<u>22</u>	<u>22</u>	<u>08</u>	<u>14</u>

MENU FOR REFRESHMENTS

RECORD OF CADETS IN ATTENDANCE

SI No	Regimental No.	Rank	Cdt's Name	TOTAL CLASSES: > BF- CF-		
				Cdt's Sign	PROGRESSIVE ATTENDANCE	
					BF	Today CF
1.	KAR/16/SD/F/160155	CDT	Chethan N	-AB-		
2.	KAR/16/SD/F/160156	CDT	Dhanik N	<u>Dhanik</u>		
3.	KAR/16/SD/F/160157	CDT	Hernanth T R	-AB-		
4.	KAR/16/SD/F/160158	CDT	Karthik K	<u>Karthik</u>		
5.	KAR/16/SD/F/160161	CDT	Kumudh Kuttappa M J	<u>Kk</u>		
6.	KAR/16/SD/F/160170	CDT	Pavan L	-AB-		
7.	KAR/16/SD/F/160171	CDT	Sachin Prabhu	-AB-		
8.	KAR/16/SD/F/160172	CDT	Sairam G	-AB-		
9.	KAR/16/SD/F/160175	CDT	Sohan Poojary	<u>Sohan</u>		
10.	KAR/16/SD/F/160180	CDT	Thirtha A L	<u>Thirtha</u>		
11.	KAR/16/SD/F/160181	CDT	Uday Kumar J	<u>Uday</u>		
12.	KAR/16/SD/F/160182	CDT	Vijay Kumar P	-AB-		
13.	KAR/16/SW/F/160187	CDT	Amogha U	<u>Amogha</u>		
14.	KAR/16/SW/F/160189	CDT	Apoorva U	<u>Apoorva</u>		
15.	KAR/16/SW/F/160193	CDT	Moksha V.K	-AB-		
16.	KAR/16/SW/F/160195	CDT	Niharika G V	-AB-		
17.	KAR/16/SW/F/160198	CDT	Poojary Raksha	-AB-		
18.	KAR/16/SW/F/160200	CDT	Rikshitha N	-AB-		
19.	KAR/16/SW/F/160201	CDT	Sangeetha S C	-AB-		
20.	KAR/16/SW/F/160203	CDT	Soufia N Shaikh	-AB-		
21.	KAR/16/SW/F/160204	CDT	Spoorthi H S	-AB-		
22.	KAR/16/SW/F/160205	CDT	Swetha K	-AB-		

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Flt / Tp No:	FLIGHT-B	Place:	MOODBIDRI	Batch:	1 st yr / 2 nd yr / 3 rd yr	Date:	21-Jun-13
Sign:	<u>Uday Kumar</u>						
Name:	CUD. UDAY KUMAR . J		(Senior Cdt)		(PI Staff)		g Off. Paameez Shariff B.G.
					(ANO)		

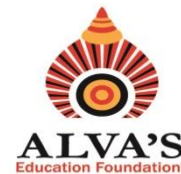
6.Kar.Air.Sqn.NCC-Mangaluru



Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



INTERNATIONAL YOGA DAY

VENUE : AUDITORIUM OF AIET, MIJAR

TIMINGS : 0600 – 0700 hrs

ORGANIZED BY : ALVA'S COLLEGE OF NATUROPATHY AND YOGIC SCIENCES(ACNYS) and NCC (6 KAR AIR SQN NCC – AIR WING NCC)

GUEST OF HONOUR : Dr.AKHILA JOSHI (FOUNDER OF AKHILASOUKHYA)

The international yoga day was celebrated at AIET Auditorium in collaboration with ACNYS and NCC. The program was inaugurated by the president of ACNYS Dr.Vanitha Shetty and the chief guest for the day Dr.Akhila Joshi. There were 25 SD & 05 SW NCC cadets along with the students of yogic sciences took part in both inauguration program and followed by practical session of yoga.



In the inauguration a warm welcome speech was delivered by the guest. A very brief introduction of yoga was given. The awareness of yoga and its health benefits were given to the students and cadets. The cadets and students took part actively and participated with full josh.



Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



Many asanas were taught and performed by everyone in the auditorium. Performing everything was a great challenging task for each and everyone who was present.



At the end of the program the awareness was spread to everyone. The cadets and students were motivated enough to practice yoga everyday and as regular routine.



Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore



Few glimpse of 5th international YOGA day





Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore





Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore





Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore





Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227

6 Kar AIR SQN NCC, Mangalore

