

ST. ALOYSIUS' COLLEGE (AUTONOMOUS) JABALPUR
NCC ACTIVITY 2023-24

9th International Yoga Day (21th June 2023)

Today we celebrated the 9th edition of International Yoga Day. The theme of this year makes it more special, which is – Vaudhav kutumbakam, which means earth is my home. Yoga not only promotes physical relaxation but also eases mental and emotion to day al tension. Our honorable Vice President Mr Jagdeep Dhankhar, Chief Minister Mr Shivraj Singh Chauhan and Governer Mr ManguBhai C. Patel also gave their vital presence there.

International yoga day observation is based on a unified mass yoga demonstration of a custom-made 45- minute protocol (common yoga protocol). NCC cadets of St. Aloysius College (Army Wing) with the strength of 65 under the guidance of ANO Dr. Major Sonal Rai and Lt. Amit Kumar Yadav took part in the international yoga day celebration.

Some Aasanas done:

1. Bhujangasana-Cobra Pose keeps the spine supple and healthy.
2. Trikonasana-Triangle Pose greatly improves hip joints rotation.
3. Salabhasana-is a gentle back bend that strengthens the torso, back, legs and arms.
4. Surya Namaskar-Develop an insight into your own self, check out our new section.
5. Tadasana-whole body getting benefited by this posture.

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INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING [26 June 2023]

St. Aloysius' College Jabalpur NCC Army Boys wing of 1 MP Battalion conduct e-lecture on the occasion of Drug Abuse Day by our guest Assistant Professor Nitin Swamy to aware of cadets. Our sixteen cadets were present at the time of pledge. College cadets and ANO Lt. Amit Kumar Yadav were present on lecture and take pledge.



RALLY ON INTERNATIONAL EDUCATION AND KOSHAL VIKAS [15 July 2023]

St. Aloysius' College Jabalpur NCC Army wing Boys of 1 MP Battalion conduct Rally to highlight the importance of knowledge and spread awareness among people about how important education our fifteen cadet were

participated. The Rally was started from Bada Fuhara and ending to Karamchand Chowk.



GRC Visit [5 August 2023]

NCC Army Wing Boys Cadets of 1 MP Battalion NCC Jabalpur get privilege to witness live Passing out Parade of Agniveer Batch II at GRC training center Jabalpur. A St. Aloysius College Jabalpur NCC 30 cadet is part of the POP.



Guest Lecture [12 August 2023]

St. Aloysius College NCC Jabalpur organized a session on how to join Indian Army. It was an informative session which resulted in participation of college students along with NCC cadets. Major Prabhjyot Singh JAK RiF get deliver the lecture and encourage the cadets for join Indian Army.



Surya Half Marathon [19 November 2023]

Jabalpur Cantonment Board was conducted Surya Half Marathon at Madhya Bharat Area Jabalpur. St. Aloysius College Army Boys fifteen Cadets were registered and participated of 5 km run.

