



21st June 2022

The word 'Yoga' is derived from the Sanskrit root '**Yuj**', meaning '**to join**' or 'to yoke' or 'to unite'. As per Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Every year June 21 is celebrated as the International Yoga Day since its advent in the year 2015. This year we're celebrating the 8th edition of the International Yoga Day in India and across the planet with the theme: **YOGA FOR HUMANITY!**, as announced by our Prime Minister Mr. Narendra Modi in his Mann ki Baat address.

The main stress will be given to showcasing India's iconic places with the motto "**BrandIndia at the global stage**".

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 - (UNIT - 2 MP GIRLS BN) (Army Wing) with the strength of 55 under the guidance of Associated NCC Officer Dr. Capt Sonal Rai took part in the International Yoga Day Celebration.

The Yoga session started with the Prayers, Pranayama, followed by systematically practicing the slow stretching exercises (ASANAS) – starting with the Standing Postures followed by sitting postures, and Concluding in the prone and Laying Postures under the guidance of two experienced cadets in the field of yoga to boost up the confidence of the cadets.

The benefits and the usefulness of the 'Yogabhyas' were narrated to make the cadets aware of the secret to curing any disease and Precautionary methods to avoid the diseases in near future.

It was an exceptional event to engage the cadets and justify that "**Unity is strength when there is teamwork and collaboration. wonderful things can be achieved**".



Tiranga Yatra!

Har Ghar Tiranga

Date 13.08.2022



The Tricolor flag is a symbol of pride for every Indian. It represents national integrity and signifies the hopes and aspirations of the Indian people. 'Har Ghar Tiranga' is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. On account of this auspicious celebration that has taken place country-wide, all the NCC cadets of St. Aloysius college showcased their participation by organizing a Har Ghar Tiranga rally, which started at 10:30 am from the college premises at Yadgar War Memorial. The rally was accompanied not only by college students of all branches but also by the faculty including the Principal. All the NCC cadets have taken part actively by Tiranga in each hand showcasing patriotism in their hearts. Adding to it the cadets also made various posters and slogans for the rally. Moreover, to encourage the young hearts the rally was attended by Shri Ashok Rohani ji, MLA (BJP), MP.

MEGA BLOOD DONATION CAMP



Blood donation is a vital part of worldwide healthcare. It relates to blood transfusion as a life-sustaining and life-saving procedure as well as a form of therapeutic phlebotomy as a primary medical intervention. 2MP Girls BN NCC unit of St. Aloysius College Jabalpur organized a blood donation camp under the Mega Blood Donation campaign started by the collector of Jabalpur respected Dr. Ilayaraja T under the supervision of our honourable MLA and the chairman, municipal corporation of Jabalpur. The blood donation camp was organized on the 7th of September 2022, where a total of 30 girl cadets were involved and were given the responsibility to take hold of the management of the camp. All were given proper instruction and guidance by the college ANO Cap. Dr. Sonal Rai and the father principal and hence were executed in the same manner. The camp started with a lighting camp by our esteemed leaders. NCC cadets donated blood with full enthusiasm and motivated their fellow mates, A total of **300 units of blood** were donated by the students from St. Aloysius college. All the donors were given a plant of **tulsi** and certificated from the **Red Cross association and Victoria Hospital**.



The camp started at 9 o'clock and ended at 5 p.m. the involvement of all the SDs and SWs from the Army and Navy wings was commendable and appreciated.

PUNEET SAGAR ABHIYAAN**DATE: 2.10.2022**

In pursuance of the vision of the hon'ble **Prime Minister, Shri. Narendra Modi**, National Cadet Corps(NCC) started a campaign named **“Puneet Sagar Abhiyaan”** to spread awareness about increasing sea shores and marine pollution and helping people in cleaning water bodies and recycling plastic wastes.



Following the same **2MP Girls BN NCC unit of St. Aloysius College** organized a campaign to clean up the Gwarighat, the bank of river Narmada and spread awareness about the Puneet Sagar Abhiyaan and also about the cleanliness around the river bodies. The campaign was held on the 2nd of October 2022 on the occasion of Gandhi Jayanti. A total of 35 SW cadets were present exactly at 8 a.m. and lead the campaign with full enthusiasm. All were given proper instruction and guidance by the college ANO **Cap. Dr. Sonal Rai** was executed under the leadership of **SUO Anushri Shrivastava** and **UO Nidhi Tiwari**.

The campaign was successfully completed and all the objectives of the Puneet Sagar Abhiyan were fulfilled, all the cadets took pledges about maintaining the cleanliness of the waterbodies and making our community more responsible and aware of the water pollution and hazards of plastic materials.

Posters and Slogans Competition on NATIONAL UNITY DAY 31.10.2022



After India attained independence, our national leaders had to solve several critical issues; one among them was to convince Maharajas of princely states to join the union of India. Here Sardar Vallabh Bhai Patel through his shrewd diplomacy successfully persuaded over 500 princely states to accede to independent India. He is always remembered as the great personality who played the greatest role in the unification of our country. To honour this contribution of Sardar Vallabh Bhai Patel we celebrate his birth anniversary as National Unity Day (Rashtriya Ekta Diwas). St. Aloysius College (2 MP Girls BN) celebrated this day with much patriotic fervour. Poster making activity was conducted on the theme 'India's Unity in Diversity' where the talented cadets expressed their vision of Indian unity through sketches and colours. Cadets also took pledge to preserve the unity, integrity and security of our country. The celebration took place in the presence of respected Principal Sir Rev. Dr. Fr. G. Vazhan Arasu, ANO Ma'am Dr. Capt. Sonal Rai, SUO Anushri Shrivastava and UO Nidhi Tiwari.

Image: Pledge Taking Ceremony



Motivation Talk on the career in Armed Forces By Brig. Sandeep Vasudev and Cdr. P.K. Prakash

Date - 12.11.2022



The **St. Aloysius College NCC unit** conducted an informative and motivational session on the career in Armed Forces and their benefits to the new aspirants. The speaker of the event was **Brig. Sandeep Vasudeva** and **CDR. P.K Prakash**. **Cap. Dr. Sonal Rai** the ANO of St. Aloysius college organized this session for the cadets of the army and navy wing of the NCC. A total of 159 students attended the sessions and gained the maximum output from them. The program started exactly at 9 o'clock in the morning and lasted till 11 o'clock. The respected speaker of the event gave valuable information about the Indian Army and navy and how to be a part of such auspicious organizations. They spoke about different exams and vaccines that one can give to be a part of the defense.

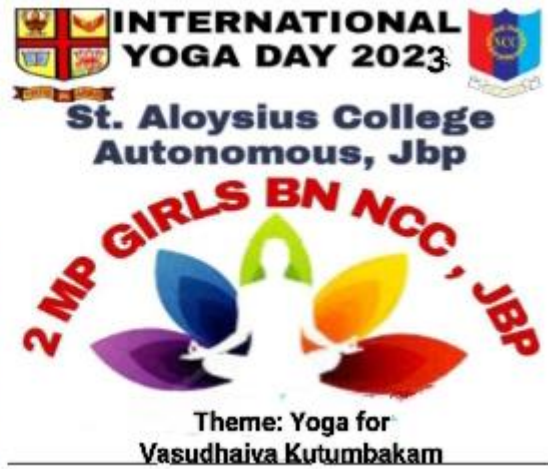
It was an interactive session between the cadets and the speaker. All the questions that were being asked by the cadets were properly answered and the cadets gained a lot of experience and knowledge from it. All the cadets were in proper discipline and made a video for the program and everything was executed properly under the guidance of **SUO Anushrii Shrivastava** and **UONidhiTiwari**

INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING

St. Aloysius' College Jabalpur NCC Army Boys wing of 1 MP Battalion conduct e-lecture on the occasion of Drug Abuse Day by 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.



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.



