



Christ Church College Kanpur

NCC (1 UP ARMD SQN Unit)

2023-24

Event Report:

International Yoga Day 2024

June 21, 2024

37/17, The Mall, Kanpur-208001

support@cccknp.ac.in

Program Overview:

International Yoga Day 2024 was celebrated on June 21, 2024. Students of the college actively participated in the programs held at the Green Park Stadium, CSJM University and Christ Church College. A yoga Session was organized in the college campus by the NCC unit of the college under the guidance of the yoga expert Shivang Shukla.

The objective of the program was to hold a yoga training session and make students aware about the importance and necessity of yogasanas in our daily life. Yoga expert Shivang Shukla provided training of main Yogasanas and Meditations published by the Ministry of Ayush as common yoga protocol including VRKṢĀSANA, ARDHA CAKRĀSANA, MAKARĀSANA, UTTĀNA PĀDĀSANA, DHYĀNA, KAPĀLABHĀTI, PRĀNĀYĀMA, and BHRĀMARĪ PRĀNĀYĀMA which common people can include as a part of their daily routine. He also told the importance and necessity of yoga. This program was organized with the active participation of the NCC caretaker ANO Dr. Rameshwar Prasad Mishra, Prof. Arvind Singh and Mr. Arunesh Neeran Shukla.

On this day, District administration of Kanpur Nagar had organized a yoga session at the Green Park Stadium for which international yoga experts were called. NCC unit of the Christ Church College, Kanpur participated in this program together with NSS and Rovers & Rangers units of the college.

Flyer:

Christ Church College Kanpur

1 UP ARMD SQN, NCC

celebrates International yoga day on
21 June 2024.

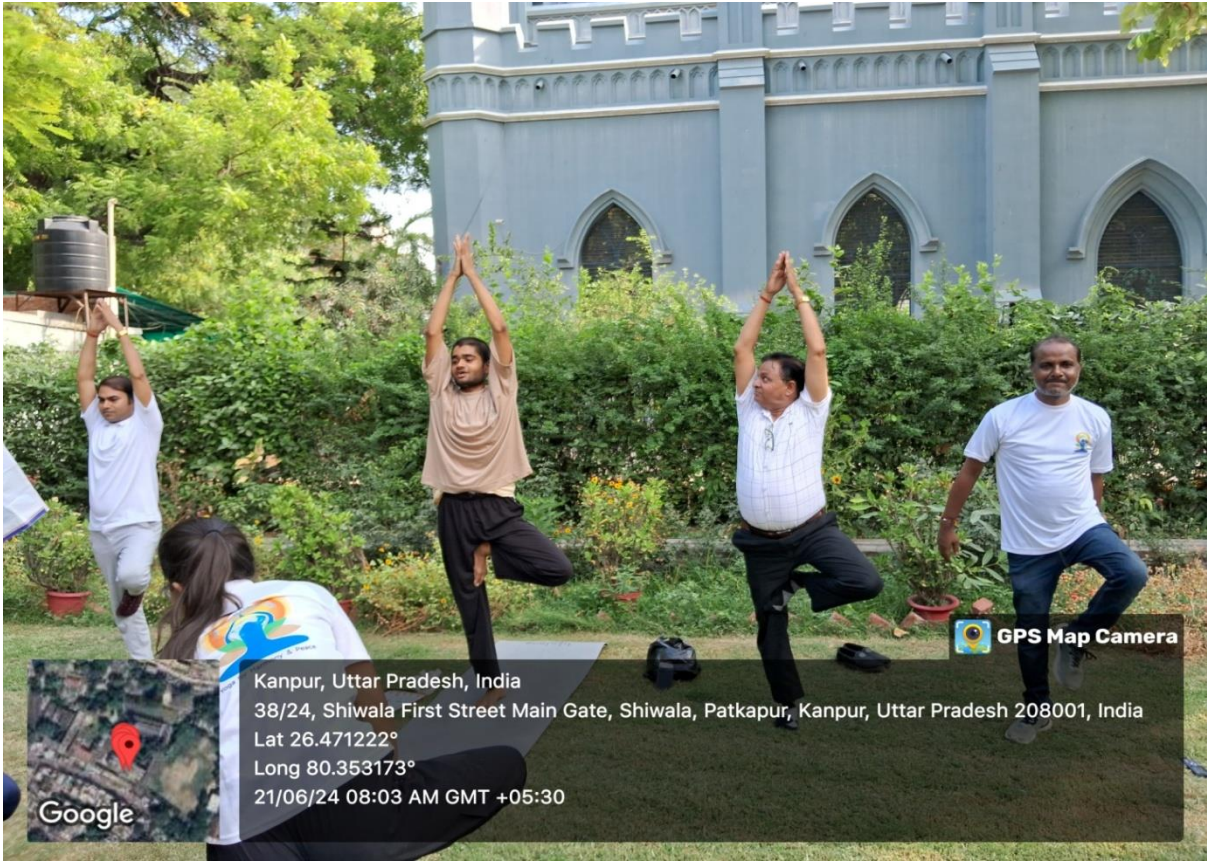
Caretaker
Dr. Rameshwar Prasad
Mishra

International
YOGA DAY

Principal
Prof. Joseph Daniel

Photographs:





Kanpur, Uttar Pradesh, India
38/24, Shiwala First Street Main Gate, Shiwala, Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.471222°
Long 80.353173°
21/06/24 08:03 AM GMT +05:30

GPS Map Camera



Kanpur, Uttar Pradesh, India
38/24, Shiwala First Street Main Gate, Shiwala, Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.471306°
Long 80.353174°
21/06/24 08:14 AM GMT +05:30

GPS Map Camera



Kanpur, Uttar Pradesh, India
38/24, Shiwala First Street Main Gate, Shiwala, Patkapur, Kanpur, Uttar Pradesh
208001, India
Lat 26.471214°
Long 80.353229°
21/06/24 08:17 AM GMT +05:30

GPS Map Camera

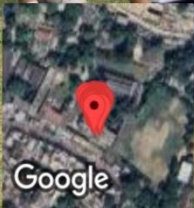
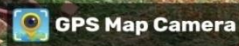


Kanpur, Uttar Pradesh, India
38/24, Shiwala First Street Main Gate, Shiwala, Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.471288°
Long 80.353182°
21/06/24 08:26 AM GMT +05:30

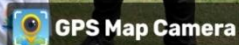
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Kanpur, Uttar Pradesh, India
38/24, Shiwala First Street Main Gate, Shiwala, Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.471299°
Long 80.35322°
21/06/24 08:38 AM GMT +05:30



Kanpur, Uttar Pradesh, India
38/24, Shiwala First Street Main Gate, Shiwala, Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.47128°
Long 80.353225°
21/06/24 08:40 AM GMT +05:30





GPS Map Camera



Kanpur, Uttar Pradesh, India
 OFFICE NO. - OFFICE NO. 3/12 6th floor, Reliance jio corporate, Nawabganj Rd, opposite K D Palace, Green Park, Allenganj, Permat, Kanpur, Uttar Pradesh 208001, India
 Lat 26.482225°
 Long 80.346942°
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GPS Map Camera



Kanpur, Uttar Pradesh, India
 OFFICE NO. - OFFICE NO. 3/12 6th floor, Reliance jio corporate, Nawabganj Rd, opposite K D Palace, Green Park, Allenganj, Permat, Kanpur, Uttar Pradesh 208001, India
 Lat 26.482328°
 Long 80.347006°
 21/06/24 07:12 AM GMT +05:30

Attendance:

CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: NCC (IUPARMO SAN)

PROGRAMME: INTERNATIONAL JOINT DAY 2024

VENUE: Christ Church College, Kanpur

DATE: 21/06/2024

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
	Tanya Anurish Shukla	Faculty	Assistant Prof.	AKG
	Dr. Anind Singh	Faculty	Prof.	Anind
	Dr. Rameshwar P. Mishra	Faculty	Asst. Prof.	Ramishra
01.	Qwapnil Sharma	Student (NCC)	B.Sc 4 th sem	Qwapnil
02.	Anushka Singh	Student (NCC)	B.A 3 rd sem	Anushka
03.	Tanya Singh	Student (NCC)	B.Sc 4 th sem	Tanya
04.	Guungun Gupta	Student (NCC)	B.Com 3 rd sem	Guungun
05.	Arfi Noor	Student (NCC)	B.Com 3 rd sem	Arfi
06.	Sachi Shukla	Scout (Student)	B.A 6 th sem	Sachi
07.	Biyonshi Singh	Student (NCC)	B.Com 5 th sem	Biyonshi
08.	Lisha Sajau	Student (Scout)	B.A 5 th sem	Lisha Sajau
09.	Jiya Kumari	Student (NCC)	BA 5 th sem	Jiya
10.	Priyanka Gauram	Student (NCC)	B.Sc 6 th sem	Priyanka

Ramishra
CONVENER / COORDINATOR

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
11	Bhoomi Sagar	Student	B.com II nd Sem	Bhoomi
12	Samiksha Tiwari	Student (NCC)	B.A VI Sem	Samiksha
13	Shreya Tiwari	Student (NCC)	B.A VI Sem	Shreya Tiwari
14	Sakshi Gupta	Student (Scout)	B.Sc V Sem	Sakshi
15	Ridhika Rawat	Student (Scout)	BA - 2 nd	Ridhika
16	Pari Sahu	Student (Scout)	BA - 2 nd	Pari Sahu
17	Auspita Jaiswal	Student (Scout)	B.Sc 5 th Sem	Auspita
18	Surbhi Pandey	Student (Scout)	B.A 6 th Sem	Surbhi
19	Vani Pandey	Student	B.Sc	Vani
20	Shantanu Mishra	Student (NCC)	B.A (IV) Sem	Shantanu
21	Arbaj Khan	Student (NCC)	M.A (II) Sem	Arbaj
22	Kusum Fatima	Student (NCC)	B.Sc II nd Sem	Kusum
23	Siddhanta Singh	Student	M.Sc IV th Sem	Siddhanta
24	Akhin Verma	Student	BA II Sem	Akhin
25	Rohit Kumar	Student	BA II Sem	Rohit
26	Vaishali Verma	Student	BA II Sem	Vaishali
27	Lucky	Student	BA II Sem	Lucky
28	Rishabh Srivastava	Student	M.A - II Year	Rishabh
29	Anamta Shahabuddin	Student	B.Sc II year	Anamta
30	Shivang Shukla	Student	B.Sc. F yr.	Shivang
31	Seepshi Dwivedi	Student	B.Sc II nd Year	Seepshi
32	Anadhya Dubey	Student	B.com II nd Sem	Anadhya
33	Akshara Sonkar	Student	B.com II nd Sem	Akshara


 CONVENER/COORDINATOR

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1.	Laxmi Patel	student	BSc VI sem	<i>(Arav)</i>
2.	Sapna Yadav	student	BA VI sem	<i>Sapna</i>
3.	Puerna Singh	student	B.Sc-V Sem	<i>Puerna Singh</i>
4)	Sneha Gautam	Student	B.com V sem	<i>Sneha</i>
5)	Priyanshi Singh	student	B.com V sem	<i>Priyanshi</i>
6)	Shweta	student	B.Sc VI sem	<i>Shweta</i>
7)	Aditi Srivastava	Student	B.Sc III Sem	<i>Aditi</i>
8)	Anshika Mishra	Student	B.A. III Sem	<i>Anshika</i>
9)	Shivam Yadav	Student	B.A. III Sem	<i>Shivam</i>
10)	Waqar Ahmad Siddiqui	Student	B.Sc. III sem	<i>Waqar</i>

R. Mishra
CONVENER/COORDINATOR

R. Mishra

Dr. R.P. Mishra
(Caretaker, NCC)