



**Shiv Chhatrapati Shikshan Sanstha's  
Rajarshi Shahu Mahavidyalaya, Latur (Autonomous)**



**NCC Boys Unit  
A SUMMARY REPORT**

Title of Program:		Seminar on Healthy Beginnings, Hopeful Futures on the occasion of World Health Day		
Name of Organizing Department/Unit:		NCC Boys Unit		
Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Program:		Lt Dr. Mahesh Wavare ANO,NCC Boys Unit		
Date(s) of the Program:		07/04/2025 Time 12.00hrs		
Venue/Path of the Rally :		VLC ,RSML		
Target Group:		NCC Cadets (SD/SW)		
Number of Participants :		SD	SW	Total
	ANO	01	01	02
	Cadets/Students	35	17	52
	Total			
Name(s) and details of Resource Person(s), if any:		1. Col. Y B Sing ,Offg. CO 53 Mah BN NCC Latur 2. Dr. Swati Fere ,Medical Officer RSML		
Total Expenditure for the Program:		NIL		
Source of Funding:		--		

## **B) A Report**

**i. Title:** Seminar on Healthy Beginnings, Hopeful Futures on the occasion of World Health Day

**ii. Introduction:**

On the occasion of World Health Day, a seminar titled “**Healthy Beginnings, Hopeful Futures**” was organized to create awareness about physical and mental well-being among students and NCC cadets. The seminar aimed to highlight the importance of adopting healthy habits early in life and promote a holistic approach to health, aligned with the global vision of preventive healthcare and wellness.

**iii. Objectives of the Programme/ issues addressed:**

- To create awareness among students and cadets about the importance of physical, mental, and emotional health as the foundation for a productive and fulfilling life.
- To promote the concept of preventive healthcare, encouraging students to adopt healthy habits early to avoid lifestyle-related diseases.
- To provide scientific information on nutrition, hygiene, mental well-being, and immunity building, enabling students to make informed health choices.
- To highlight the role of discipline, fitness, and resilience—core values of NCC—in maintaining long-term wellness.
- To guide students on stress management, time management, and balanced routines essential for academic success and personal growth.
- To motivate participants to take responsibility for their own health through regular exercise, proper diet, and mindful living.
- To encourage active participation in health-related activities and awareness campaigns, promoting a culture of wellness on campus.

**iv. Details of Participants:**

For this event two ANOs and total 52(35 SD+17SW) cadets were present .

**v. Brief Summary of Events/ Sessions:**

The seminar began with a formal welcome of the resource persons by the Vice-Principal Prof. Sadashiv Shinde and the NCC officers. This was followed by an introductory address by Lt. Dr. Mahesh S. Wavare, who highlighted the significance of World Health Day and provided an overview of the seminar’s objectives.

Col. Y. B. Sing addressed the audience first, emphasizing the importance of discipline, physical fitness, and mental strength in building a healthy and productive future. He explained how lifestyle choices, regular exercise, time management, and emotional stability contribute to long-term well-being. His inspiring talk encouraged cadets to take responsibility for their health and practice habits aligned with the values of NCC—discipline, resilience, and a positive mindset.

Following this, Dr. Swati Fere delivered an enlightening medical session focused on preventive healthcare, balanced nutrition, mental health awareness, hygiene practices, and early detection of common health issues. She offered practical advice on enhancing immunity, reducing stress, and maintaining healthy routines in both academic and personal life. Her detailed and scientific insights helped participants understand the importance of adopting a proactive approach to health, especially in today's fast-paced world.

The session concluded with an interactive Q&A, during which students and cadets raised queries related to diet, exercise, sleep cycles, psychological well-being, and general illnesses. The program came to an end with a thoughtful Presidential Address by Prof. S. N. Shinde, followed by a sincere vote of thanks proposed by Lt. Dr. Archana Tak, marking the successful completion of the seminar.

**vi. Conclusion, with Feedback on the Programme:**

The seminar on "Healthy Beginnings, Hopeful Futures", organized on the occasion of World Health Day, proved to be highly informative, engaging, and impactful for both students and NCC cadets. The insightful guidance offered by Col. Y. B. Sing on discipline, fitness, and mental strength, along with the scientific and practical health awareness provided by Dr. Swati Fere, enriched participants with valuable knowledge on maintaining a healthy lifestyle. The interactive Q&A session further enhanced understanding by addressing real-life concerns related to diet, exercise, mental well-being, and common health challenges.

Feedback received from students, faculty members, and cadets was overwhelmingly positive. Participants appreciated the clarity of explanations, the relevance of the topics, and the interactive nature of the programme. Many expressed that the seminar motivated them to adopt healthier habits, manage stress more effectively, and prioritize both physical and mental wellness. The combination of defense and medical perspectives helped them gain a holistic view of health, making the session both unique and impactful. Overall, the programme successfully achieved its objectives and reinforced the importance of health awareness as a foundation for a hopeful and productive future.

**vii. Any Appendix if necessary**

List of the participant

Date: 08/04/2025

  
ANO  
**Lt.(Dr.) Mahesh S. Wavare**  
ANO, NCC Boys Unit,  
53 Mah BN NCC, Latur,  
Rajarshi Shahu Mahavidyalaya, Latur  
(Autonomous)



  
**Principal**  
**PRINCIPAL**  
Rajarshi Shahu Mahavidyalaya, Latur  
(Autonomous)



### C) Photographs:



The programme began with the photo felicitation of Chhatrapati Rajarshi Shahu Maharaj, paying tribute to his legacy of social justice, education, and empowerment.



As part of the inaugural proceedings, Col. Y. B. Sing, Officiating Commanding Officer of 53 Mah BN NCC, Latur, was warmly welcomed by Vice-Principal Prof. S. N. Shinde.



Falicitation of Dr Swati Fere



Lt. Dr. Mahesh Wavare while introducing about program



Offg. CO Col. Y. B. Singh addressing the gathering during his insightful talk.



**Vote of Thanks by Lt. Archana Tak**

**Group Photo**

**D) Copy of Brochure Prepared for the Program:**



**E) Link of Video of Program: NIL**

**F) Any other Publicity Material**