

ATC Day - 6

The serene morning began with a Yoga and Mind development session by Sahaj yoga Mumbai. The session aimed at learning to connect with oneself and developing a higher level of spiritual connection. Cadets tried to channelize the energy inside them and reported that they felt a deep wave of relaxation after trying it out.

After that, Sukhmandar Sir, SUO Priyanshu Jharwal and JUO Srijan Bansal took lectures on weapon handling and firing drill/procedure using 7.62 mm Self Loading Rifles in NCC Area. It was followed by a lecture on Lighter than Air Objects by Professor R. Pant of Aerospace Department, IIT Bombay.

In Girl's Kabaddi, IIT Bombay won after a series of exciting and neck to neck sets against Doshi Vakil College. In Boys Football, IIT Bombay won but only after the game went to really tense sets of penalty shootouts.

#ATC_2019

#CATC_411

FB link - <https://www.facebook.com/2MahaEngReg/insights/?section=navPosts>