



**Report on “7<sup>th</sup> INTERNATIONAL YOGA DAY”  
(21<sup>st</sup> June 2021)**

**NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur** organized a webinar on “7<sup>th</sup> International Yoga Day” under the guidance of **ANO Capt. Dr. A. Bhaskaran** and under the supervision of **Prof. S. Ganesh Vaidyanathan, Principal, SVCE** and **Col. Balinder Singh, CO of 1 (TN) CTC NCC** on 21<sup>th</sup> June 2021. **Group Commander T. Arunachalam of Madras 'B' Group** and **Mrs. Usha M.A, M.Phil** participated in the webinar. Around 32 cadets of NCC Army wing and 10 more participants had participated in the webinar.

Around 0730 hrs the webinar started. The welcome address was given by **Cpl. H. Ram Karthik Vasana**.

Around 0735 hrs **ANO Capt. Dr. A. Bhaskaran** shared his views on **Yoga Day** followed by the chief guest **Mrs. Usha M.A, M.Phil** talked about cosmic energy and how the body and mind reacts for the energy and meditation.

Around 0745 **Cpl. H. Ram Karthik Vasana** started with a pledge on “**Integrate and Encourage Yoga through Life**” on the occasion of 7th International Yoga Day. All the participants of the webinar have taken the pledge.

The pledge on “**Integrate and Encourage Yoga through Life**” was:

**“I pledge to integrate Yoga in my life by practicing it regularly along with my friends and encourage friends to take up yoga for healthier lifestyle.”**

Around 0750 **Cdt. Rakesh Velavaluri** started the presentation by explaining the benefits of yoga, asanas and its benefits. Followed by a list of asanas namely **Chakrasana, Eka Pada Sirsasana, Savasana, Ustrasana, Halasana, Gomukhasana** was performed by **L/Cpl. V. Vasanth Kumar** and **Cdt. Rakesh Velavaluri** explained the asana, benefits and cautions of respective asanas.

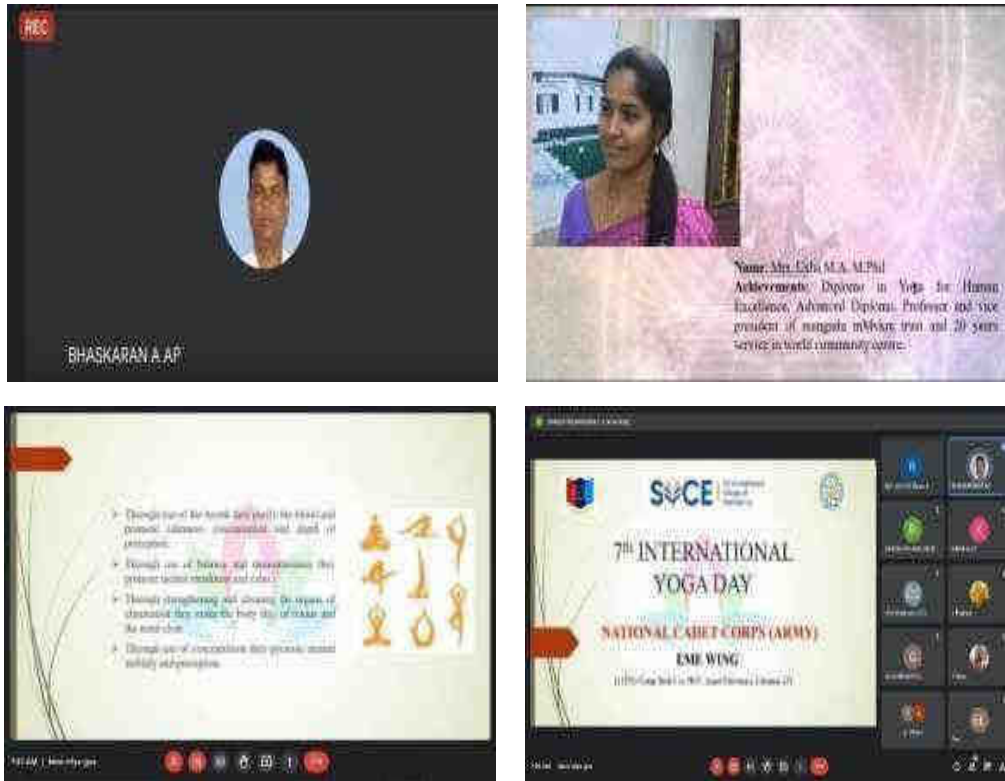
Around 0815 hrs **Quiz** was conducted to all the participants on **7th International Yoga Day**.

Around 0820 hrs **Group Commander T. Arunachalam of Madras 'B' Group** shared his views on yoga day followed by **ANO Capt. Dr. A.**

**Bhaskaran** added a few more points on asana and its benefits to our mind, body and life.

Around 0825 hrs **Cpl. J. Risikesh** gave the vote of thanks.

Around 0830 hrs the webinar was concluded.



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*A. Bhasakaran*  
Capt. Dr. A. Bhasakaran  
Coy Commander  
NCC (ARMY) WING