



Report on “International Day of Yoga 2021”

The following programs were conducted as part of International Day of Yoga.

S. No	DATE	PROGRAM
1.	15 th June 2021	Quiz on “International Day of Yoga”
2.	17 th June 2021	Pledge on “Integrate and Encourage Yoga through Life”
3.	19 th June 2021	Jingle Contest
4.	21 th June 2021	International Day of Yoga 2021



Nominal Roll

S. No.	REGMTL. No.	RANK	NAME
1	TN19SDA670332	Cpl	RAM KARTHIK VASAN H
2	TN19SDA670334	Cpl	RISIKESH J
3	TN19SDA670322	Cdt	GUGANESH R
4	TN19SDA670323	Cdt	HARI HARA SUDHAN P
5	TN19SDA670327	L/Cpl	KAVIN B
6	TN19SDA670331	Cdt	RAKESH VELAVALURI
7	TN19SDA670335	L/Cpl	SANTOSSH V
8	TN19SDA670336	L/Cpl	SHANMUGAPRIYAN J
9	TN19SDA670339	L/Cpl	VASANTH KUMAR V
10	TN19SDA670341	Cdt	VISWA GANGADHER G S
11	TN20SDA670321	Cdt	DHANESH KUMAR M
12	TN20SDA670322	Cdt	ANANTHA KRISHNAN T K
13	TN20SDA670323	Cdt	ARYAN TIWARI
14	TN20SDA670324	Cdt	DILLIRAJAN K
15	TN20SDA670325	Cdt	GOPINATHAN K
16	TN20SDA670326	Cdt	JAWAHAR B
17	TN20SDA670327	Cdt	LAKSHMI NARAYANAN S
18	TN20SDA670328	Cdt	PRANAV D S
19	TN20SDA670329	Cdt	SELVA BALAJI SS
20	TN20SDA670330	Cdt	SHASHANK S
21	TN20SDA670331	Cdt	SRIRAM K
22	TN20SDA670332	Cdt	HARSHA VARDHAN J
23	TN20SDA670333	Cdt	VISHWA B
24	TN20SDA670334	Cdt	ESHWARAN P
25	TN20SDA670335	Cdt	GOKULA KRISHNAN R
26	TN20SDA670336	Cdt	JEYARAMAN B
27	TN20SDA670337	Cdt	MOHANISHWAR K
28	TN20SDA670338	Cdt	MUGUNTHAN S
29	TN20SDA670339	Cdt	SABARI S
30	TN20SDA670340	Cdt	SAI KRISHNA B P
31	TN20SDA670341	Cdt	SANJAY KARTHICK M
32	TN20SDA670342	Cdt	SIBHI CHAKRAVARTHI B



PROGRAMS:

1. Quiz on “International Day of Yoga”:

Date	Unit	Name of the Institution	Activities conducted	Attendance		Photos
				ANO	Cdts	
15/06/2021 TUESDAY	1(TN) CTC NCC	Sri Venkateswara College of Engineering, Sriperumbudur	Quiz on “International Day of Yoga”	1	32	Attached

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur participated in the **“Online Quiz Competition on International Day of Yoga”** under the guidance of **ANO Capt. Dr. A. Bhaskaran**. The competition was organized by **Ministry of Ayush**.

The quiz was conducted to recognize the universal appeal of Yoga, owing to its demonstrated benefits towards immunity building and stress relief, the United Nations General Assembly (UNGA) proclaimed 21st June as the International Day of Yoga (IDY).

Around 32 **NCC (Army)** cadets participated in the competition. All the cadets were awarded with certificates.



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2. Pledge on “Integrate and Encourage Yoga through Life”:

Date	Unit	Name of the Institution	Activities conducted	Attendance		Photos
				ANO	Cdts	
17/06/2021 THURSDAY	1(TN) CTC NCC	Sri Venkateswara College of Engineering, Sriperumbudur	Pledge on “Integrate and Encourage Yoga through Life”	1	32	Attached

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur participated in the Pledge on “Integrate and Encourage Yoga through Life” under the guidance of ANO Capt. Dr. A. Bhaskaran. The pledge was organized by Ministry of Ayush.

Around 32 NCC (Army) cadets participated in the program. All the cadets have taken the pledge “Integrate and Encourage Yoga through Life” on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making yoga rooted in individual and familial lives.

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.”

Every cadet was awarded with certificates.



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Ministry of AYUSH | my GOV

Integrate and Encourage Yoga through Life

This is to certify that

Ram Karthik Venk H

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

4386258502

June, 17 2021

Ministry of AYUSH | my GOV

Integrate and Encourage Yoga through Life

This is to certify that

J Rishabh

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

5865487328

June, 17 2021

Ministry of AYUSH | my GOV

Integrate and Encourage Yoga through Life

This is to certify that

SELVA BALAJI S

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

7765923786

June, 17 2021

Ministry of AYUSH | my GOV

Integrate and Encourage Yoga through Life

This is to certify that

Mohanishwar Kanna

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

9658444547

June, 17 2021

Ministry of AYUSH | my GOV

Integrate and Encourage Yoga through Life

This is to certify that

Anandha Krishnan TK

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

9629374564

June, 17 2021

Ministry of AYUSH | my GOV

Integrate and Encourage Yoga through Life

This is to certify that

Shashank S

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7th International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

6459922529

June, 17 2021



3. Jingle Contest:

Date	Unit	Name of the Institution	Activities conducted	Attendance		Photos
				ANO	Cdts	
19/06/2021 SATURDAY	1(TN) CTC NCC	Sri Venkateswara College of Engineering, Sriperumbudur	Jingle Contest	1	32	Attached

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur participated in the **Jingle Contest** under the guidance of **ANO Capt. Dr. A. Bhaskaran**. The contest was organized by **Ministry of Ayush**.

Around 32 **NCC (Army)** cadets participated in this contest. Cadets were asked to write and compose a jingle for the **International Day of Yoga, 2021**. Cadets made a script and jingle of 10 – 20 seconds on benefits of yoga.

All the cadets uploaded the script and jingle in the given website.





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4. International Day of Yoga:

Date	Unit	Name of the Institution	Activities conducted	Attendance		Photos
				ANO	Cdts	
21/06/2021 MONDAY	1(TN) CTC NCC	Sri Venkateswara College of Engineering, Sriperumbudur	7 th International Yoga Day	1	32	Attached

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur organized a webinar on “**7th International Yoga Day**” under the guidance of **ANO Capt. Dr. A. Bhaskaran**.

Yoga is beneficial for a number of reasons. It improves your balance and flexibility. It also strengthens your body. Yoga energizes our body and helps us stay active for a long time. It also helps us in reducing our stress and improves our sleep. It also helps in tackling issues related to Back pain, Knee pain, etc. It is also very useful to tackle Anxiety related issues.

Around 32 **NCC (ARMY) cadets** and **Dr. S. Ganesh Vaidyanathan Principal, SVCE** participated in this **International Day of Yoga 2021**. All cadets did their respective yogasanas.



Ashasgaran

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