



**NATIONAL CADET CORPS (Army)**  
*(1 (TN) Comp Tech Coy NCC, Anna University, Chennai 25)*  
**SRI VENKATESWARA COLLEGE OF ENGINEERING**  
*(An Autonomous institution affiliated with Anna University)*  
**Sriperumbudur - 602117.**



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**Report on “AYUSH - INTERNATIONAL DAY OF  
YOGA”  
(21<sup>st</sup> June 2020)**

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**NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur expressed their talents in AYUSH - INTERNATIONAL DAY OF YOGA on 21<sup>st</sup> June 2020.**

Around 31 cadets of NCC Army wing with their family members and ANO **Capt. Dr. A. Bhaskaran**, Coy Comdr-NCC Army wing participated in AYUSH conducting International day of yoga and implementing the asana from home via regional channel of Doordarshan.

The art of practicing **Yoga** helps in controlling an individual's mind, body and soul. Yoga brings together physical and mental disciplines to achieve a peaceful body and mind. Yoga will improve athletic performance. Yoga will increase the energy and vitality.





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*A. Bhasakaran*

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