



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



Report on "BE THE BEST VERSION OF YOU"
(10th September 2020)

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur participated in webinar on "Be the Best Version of You" under the guidance of ANO Capt. Dr. A.Bhaskaran on 10th September 2020. Around 14 cadets had participated in the webinar.

Around 1100 hrs the webinar was started. The welcome address was given by Cdt.E.Dinesh Kumar.

The webinar was inaugurated by **Mr. M. S. Lijoe Mathew**, M.P.Ed., M.Phil., **Freelancer, Fitness Trainer & Yoga Breathing**, Chennai. The webinar was organised by 4th Naval Technical Unit, NCC Madras Group B, Jeppiaar Srr Engineering College, Chennai.

Fitness trainer Mr. Lijoe Mathew gave an introduction about meditation, yoga, exercise and its importance. He shared his views on proper breathing, balanced diet and proper relaxation. He suggested that the balanced diet comprises of proper intake of carbohydrates, proteins, vitamins and minerals.

Around 1130 hrs Mr. Lijoe Mathew gave demonstration of breathing exercises like abdominal breathing, kapalabhati, pranayama, Cobra Stretch, Downward dog and exercises like sun salutation, cardio workouts, jumping jacks, mountain climbers and jump squarts.

Around 1220 hrs Cdt.Kavinmozhi gave the vote of thanks.

Around 1225 hrs the webinar was concluded.



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A. Bhasakaran

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