



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.



Report on “INTERNATIONAL DAY OF YOGA”
(21st June 2019)

In view of 5th International Day of Yoga, a special Yoga training program was planned and organized for the NCC (ARMY) Cadets and staff members on 21-06-2019 at the College Function hall, SVCE.

Capt. Dr. A. Bhaskaran, Coy Comdr, NCC (ARMY) welcomed the gathering and delivered the introduction speech about the Yoga. Then a Lecture about the „Role of Yoga in Human life“ was given by **Ms. Usha Krishnamoorthy**, Professor of World Community Service Centre, Manavalakalai Mandram Trust, Chennai 602118 and her team of 3 members from Mangadu MVKM Trust, Chennai. During the lecture, her team members demonstrated the different positions of Asanas, Mudhras, etc. After the lecture the staff members and NCC cadets practised Yoga as per the guidelines given in the Yoga Protocol for 30 min under the supervision of **Ms. Usha Krishnamoorthy** and her team. **Prof. S. Ganesh Vaidyanathan**, Principal presided over the function.

Capt. Dr. A. Bhaskaran, Associate NCC Officer presented the vote of thanks to the Yoga team and NCC cadets.

32 NCC (Army wing) cadets, 5 staff members participated in the training program.



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A. Bhaskaran

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