

# **International Yoga Day**

*June 21<sup>st</sup>, 2017*

we cordially invite you for the 3<sup>rd</sup> International Yoga Day Celebrations

at

*Function Hall, SVCE by 11.15 am*

**Chief Guest**

**Shri. R.P. Ramesh Babu**

SKY Professor

Mangadu MVKM Trust, Chennai - 600 056

**SRI VENKATESWARA COLLEGE OF ENGINEERING**

(Autonomous Institution-Affiliated to Anna University)

Pennalur, Sriperumbudur Tk - 602 117

# YOGA TOOLS FOR TRANSFORMATION

Just thirty minutes a day can transform your life! Whether you're seeking health and joy or peace and love, whether it's success in the world or inner exploration you're striving for, these simple practices are designed to help you cut through the struggle and walk through life with ease.

## BENEFITS

**Enhances the vitality, focus, memory and productivity**

**Stabilizes the body, mind and emotions**

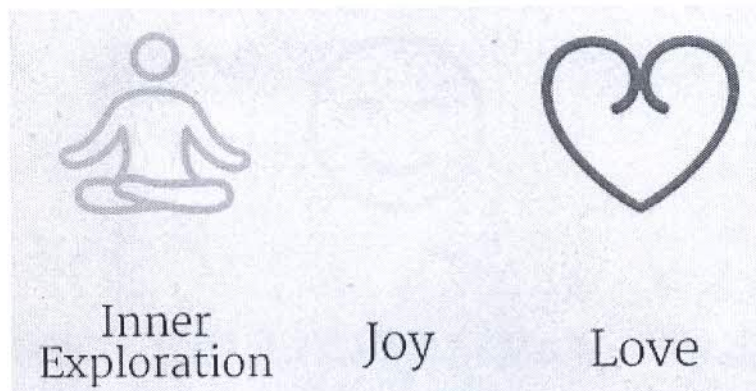
**Strengthens and stabilizes the spine**

**Can relieve back pain, stress, anxiety and tension**

**Can relieve from chronic ailments and improves overall health**

**Enhances teamwork and communication**

**Imparts a lasting sense of joy, peace and fulfillment**





## Nominal Roll of Cadets

*Attended the YOGA CAMP on 21 JUNE 2017*

Name of Directorate : Tamil Nadu, Pondicherry & Andaman, Chennai - 09

Name of Group Headquarters : Madras "B", Chennai - 10

Name of Btn : 1 (TN) Comp Tech Coy NCC, Chennai - 25

Venue of the YOGA camp : Sri Venkateswara College Of Engineering  
Pennalur, Sriperumbudur Taluk 602 117

Company Commander : Dr. A. BHASKARAN, Captain,  
Associate NCC Officer

**NATIONAL CADET CORPS (Army)**

(1 (TN) CTC NCC, Chennai 25)

**SRI VENKATESWARA COLLEGE OF ENGINEERING, Sriperumbudur 602 117**

**Nominal Roll of Cadets attended the YOGA CAMP on 21 June 2017**

Sl. No.	Regtl. No	Rank	Name Of Cadet	Date of Birth	Father's Name
1	TN/SD/2015/670321	Cdt	ANAND VIJAY RAJ R	02.11.1998	RAJENDRAN
2	670322	Cdt	ARUN RAJA P	27.09.1998	PANDIAN P
3	670323	Cdt	CHARUKHASH G S	12.11.1998	SUBBIAH G
4	670324	Cdt	DHEJESHWAR S	15.12.1998	SARAVANAN S K
5	670325	Cdt	DINESH L	09.06.1998	LOGAN K K,
6	670326	Cdt	GOKULAPIRIYARD	23-02-1999	DHAKSHINAMOORTHY G,
7	670327	Cdt	KAMARAJ U	28.01.1999	UMAPATHIM
8	670328	Cdt	KARTHIKEYAN S	24.03.1998	SUBRAMANI K
9	670329	Cdt	KISHORE KASHAL S	25/11/1998	SARAVANAN R
10	670330	Cdt	KUMARAPPAN M	26-07-1998	MUTHURAMAN M AN
11	670331	Cdt	MANOJ KUMAR A	28-06-1998	ANBALAGAN A
12	670332	Cdt	MOHAN RAJ S	20-06-1999	SELVAM K
13	670333	Cdt	MURALIDHARAN R	10-01-1998	RAJA S
14	670334	Cdt	NIRENJHANAN H	26-09-1998	HARI S
15	670335	Cdt	RAKSHICK SHRINIAS S	10-09-1999	SRINIVASAN S
16	670336	Cdt	RAM KUMAR S	03-02-1999	SUBBURAJ V
17	670337	Cdt	SADA MUNEESWARAN M	25-04-1995	MURUGAN G
18	670338	Cdt	SAKTHINTHAN K	14-01-2000	KARTIKEYAN G
19	670339	Cdt	SARAN M	01/01/1999	MURUGESAN M
20	670340	Cdt	SHANMUGAM B M	13-12-1998	MANI B D

*(Signature)*

**Sri Venkateswara College of Engineering**  
**Pennalur, Sriperumbudur 75-602 117**  
**Tamilnadu, India.**

*(Signature)*

Associate NCC Officer  
**Dr.A. BHASKARAN, Ph.D.,**  
 Coy Comdr-NCC (Army)  
 Sri Venkateswara College of Engineering


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Sl. No.	Regtl. No	Rank	Name Of Cadet	Date of Birth	Father's Name
21	670341	Cdt	SOORIYA NARAYANAN L	04-08-1997	LAKSHMANAN M S
22	670342	Cdt	SRIRAM E	14-10-1998	ELUMALAI G
23	670343	Cdt	SRIRAM S	07-04-1999	SIVAKUMAR R
24	670344	Cdt	VENKATARAMANAN	10-01-1999	SUNDARESAN V
25	670345	Cdt	VENKATESH R	03-06-1997	RAMATAH C
26	TN/SD/2015/35700	Cdt	ARAVINDHAN S J	16-10-1996	JAYASEELAN. S
27	35701	Cpl	CHALAPATI VIVEK	05-06-1997	
28	35702	Cdt	HARISH S M	06-10-1997	K.SETHU SUNDARAM PILLAI
29	35703	Cdt	IRFAN S	10-05-1997	SAFRAZ. Z
30	35704	Cdt	JAIKEERTHIVELAN.R	11-07-1998	RAJENDRAN. S
31	35705	Cdt	KABILAN.M	17-11-1997	MURUGESAN. K
32	35706	Cdt	MARIDHARAN M	24-06-1998	MURUGANANDAM. K
33	35707	Cpl	SIVASURYA S	11-07-1997	SAKTHIVEL. R
34	35708	L/Cpl	VARUN KRISHNA S	26-05-1998	SUBRAMANYAN. M
35	35709	Cdt	VIGNESHWAR N	11-04-1995	NARAYANAN. S
36	TN/SD/2014/ 35700	Cpl	ANIRUTH NARAYAN E	01-02-1996	ELANGOVAN.S
37	35702	CQMS	ARUN NISANTH K	03-01-1997	POONKODI.K,
38	35703	Cdt	DHAARUN RAJA A G	05-07-1997	GURUSAMY.A
39	35705	Sgt	DINESH KUMAR V	22-09-1996	VENKATESAN.G,
40	35706	L/Cpl	HARSHA VARDHAN A	26-10-1994	PURUSHOTHAMAN.A,

  
**Principal**  
**Sri Venkateswara College of Engineering**  
**Pennair, Sriperumbudur Ts-602 117**  
**Tamilnadu, India.**

  
**Associate NCC Officer**

**Dr.A. BHASKARAN, Ph.D.,**  
**Gov Comdr-NCC (Army)**

**NATIONAL CADET CORPS (Army)**

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Sl. No.	Regtl. No	Rank	Name Of Cadet	Date of Birth	Father's Name
41	35708	L/Cpl	KOTHARI ESHWAR CHANDRA	03-09-1996	K UMA SHANKAR
42	35710	CUO	MANICKAVASAGAM S	22-03-1997	SHANMUGAM.L.
43	35711	Sgt	MANOJPRABAHAKAR M	05-08-1997	MANOHARAN.N.D
44	35712	Cdt	MURUGAN K	14-04-1997	KUMAR.S
45	35713	L/Cpl	NANTHA KUMAR N	25-12-1996	BALU S
46	35714	L/Cpl	NARENDHAR V	28-06-1996	VEERARAGAVAN.S
47	35715	L/Cpl	RAMASAMY P	10-06-1996	PALANIG
48	35717	Sgt	SATHESH KUMAR K	14-06-1995	KULANDAIVEL.K
49	35718	Cpl	SATHISH KUMAR V	31-10-1996	G. VINAYAGAM
50	35719	Cpl	PRANAV.S	16-11-1995	V. SRINIVASAM

**20 June 2017**

*[Signature]*  
21/6/17  
**Principal**

Sri Venkateswara College of Engineering  
Peenalar, Sriperumbudur Tk-602 117  
Tamilnadu, India.

*[Signature]*

**Capt. Dr. A. BHASKARAN**

Associate NCC Officer

SVCE

**Dr.A. BHASKARAN, Ph.D.,**

Coy Comdr-NCC (Army)

Sri Venkateswara College of Engineering  
Irungattukottai PO, Sriperumbudur-602 117

Ph: 044-27152000



## NATIONAL CADET CORPS

(2 EME platoon – Army wing)

(attached with 1 (TN) Comp Tech Coy NCC, Chennai 600 025)

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Tamil Nadu, India

21.06.2017

### Report on International Day of Yoga (IDY) – 2017

In view of 3<sup>rd</sup> International Day of Yoga, a special Yoga training program was planned and organized for the NCC (Army) Cadets and staff members on 21.06.2017 at the College Function hall, SVCE.

**Prof. J. Venaktesan**, Dean (Students' Welfare) welcomed the gathering. **Prof. S. Ganesh Vaidyanathan**, Principal presided over the function and delivered the introduction speech about the Yoga. Then a Lecture about the 'Yoga and its importance' was given by **Mr. R.P. Ramesh Babu**, SKY Professor and his team of 5 members from Mangadu MVKM Trust, Chennai. During the lecture, his team members demonstrated the different positions of Asanas, mudhras, etc. After the lecture the staff members and NCC cadets practiced Yoga as per the guidelines given in the Yoga Protocol for 30 mins under the supervision of Mr. R. P. Ramesh Babu and his team.

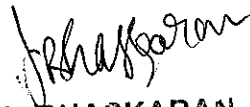
**Capt. Dr. A. Bhaskaran**, Associate NCC Officer presented the vote of thanks to the Yoga team and NCC cadets.

50 NCC (Army wing) cadets, 25 staff members participated in the training program.

Few photographs of the event is enclosed with this report for your reference.

  
21/6/17  
**Principal**

Sri Venkateswara College of Engineering  
Pennalur, Sriperumbudur Tk-602 117  
Tamilnadu, India.

  
**Dr.A. BHASKARAN**, Ph.D.,  
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Tamil Nadu, India

21.06.2017

NAME : Mr. MUNESH MEENA  
APPOINTMENT : ASST. MANAGER  
OFFICIAL ADDRESS : INDIAN BANK, SRIPERUMBUDUR  
TELEPHONE / MOBILE : 044-27162365, 9461905729

**TO WHOM-SO-EVER IT MAY CONCERN**

It is certified that I was present at SRI VENKATESWARA COLLEGE OF ENGINEERING, SRIPERUMBUDUR in SRIPERUMBUDUR, KANCHEEPURAM DISTRICT and was witness to the performance of Yoga by 50 (Fifty) NCC (Army) cadets between 0700 hrs and 0735 hrs on 21<sup>st</sup> June 2017.

  
21/6/17  
**Principal**

Sri Venkateswara College of Engineering  
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Tamil Nadu, India.

  
21/6/17  
Signature

